



Richard Lennies



Richard Lennies

THE GOOD HVS. wifes Iewell.

*Wherein is to bee found most
excellent and rare Deuises, for co-
ceits in Cookery, found out by
the practise of Thomas
Dawson.*

*Wherunto are adioyned sundry
aproued receits for many soueraigne
Oyles, and the way to distill many preti-
ous waters, with diuers aproued
Medicines for many
Diseases.*

*Also certaine aproued points of husbandry
very necessary for all husbandmen to know.*

Newly set forth with additions. 1610

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*Edward White, dwelling at the little
North dore of Paules at the signe
of the Gunnes.*



Here followeth the order of meates,
how they must be serued at the Table
with their sauces for flesh daies
at Dinner.

The first course.

Pottage of newed hooath, boyled meates
of sicke meate, Chickins and Bacon,
powdred Beefe, Pies, Coole, Pigge, Roasted
Beefe, roasted Aleale, Custard.

The second course.

Roasted Lambe, roasted Capons roasted
Conies, Chickins, Pechennes, Baked Veni-
son, Tart.

The first course at Supper.

A Valet, Pigges Petites, Powdred
Beefe sliced. a Shoulder of Buttton, or a
haste, Aleale, Lambe, Custard.

The second Course.

Capons roasted, Conies roasted, Chic-
kens rosted, Pigionis rosted, Larkes rosted,
a Pye of Pigionis or Chickins, Baked Veni-
son, Tart.

The service at Dinner.

A boien of Quailes, a dish of Larkes,
two pastyes of red Deere in a dish, Tart,
Gingerbread, Fritters.

Seruice for Fish daies.

Butter, a Valet with hars eggis, potage

2 The order of service
of sand Eles, and Lampers, Red herring
greens broyled, White Herring, Ling,
Haberdine, Mustard, Salt Salmon min-
ced. Two Pasties of Fallow Deare in
a Dish, a Custard, a Dish of Leaches.

The second course.

Jelly, Peacockes, Wines wine and salt,
two Conies or halfe a dozen Rabets, sauce
Mustard and Sugar, halfe a dozen of Pige-
ons, Mallard, Cople, sauce Mustard and
bergious, Culles, Stoake, Heronshew,
Crabbe, sauce Valentine, Curlew, Wit-
ture, Bullarde, Feasant, Wance water and
salt with Onions sliced, halfe a dozen wood-
cockes, sauce Mustard and sugar, halfe a do-
zen Meales, sauced as the Feasants, a dozen
of Quailes, a Dish of Larkes, two Pasties
of red Decre in a Dish, Mart, Ginger bread
fritters.

Service for fish daies.

Butter a Sallet with hard Egges, Red
Herring greene broyled, white Herring,
Ling, Haberdine, sauce Mustard, Salt
Salmon minced, sauce Mustard and
bergious, and a little Sugar, Powdered
Conger, Shadde, Packrell, sauce Vinegar.
Whiting

at the Table. 3

Whiting, sauce, with the Liver and Mustard, Playce, sauce Mayell, or Wine, and Salt or Mustard, or Bergious.

Schornebacke: sauce, Liver and Mustard, Pepper & salt strowed upon, after it is bunsed: Fresh Cod, sauce, greene sauce:

Dars, Muller, Cales upon soppes, Roche upon soppes, Perch, Pike in pike sauce, Crowte upon soppes, Tench in Cally, or Cochefill, Curard.

The second course.

Flounders or flookes, pike sauce, Fresh Salmon, Fresh Conger, Brette, Turbut, Breame upon soppes, Carpe upon sops, Soles or any other fishes fried, Molted Celsa sauce the dipping, Roasted Lampreys, Roasted pospos, Fresh Margion, sauce Calminte.

Crewis, Crab, Shrimps, sauce vinegar, Roasted Lamprey, Larts, Figgies, Apples, Almonds blanched, Cheese, May-sins, peartes.

FINIS.

A Booke of

To boyle Larkes.



A **T**ake sweete bread, and straine it into a pipkin, and set it on the fire, and put in a piece of butter, and skim it as cleane as you can, and put in Oppynags and Cinnamon, and cut it a little, and so let it boyle, and put in Pepper, Cloues and Mace, Cynamon and Ginger, and a little Vergions, and when you serue them vp, lay soppes in the Dish.

To boyle Conies.

Take a Conie, and parboyle it a little, then take a god handfull of Parsely and a few sweet hearbs, & the volkes of foure hard Egges, chop them altogether, then put in pepper and a fewe Currys, and fill the Conies belly full of butter, then prick her head betweene her hinder-legges, but breake her not, and put her into a faire earthen potte, with Nutton brouth, and the rest of the stiffe roll it vp round, and put it in withall, and so boyle them well together, and serue it with soppes.

To

Cookery.

To boyle a Cony.

You must boyle your Cony, and straine your sweete breade into a pipkin, and put in your meates, skumme it as cleane as you can, and put in a good deale of Endives, and cat it a little, and a good peice of Butter, and all kinde of splices, and a little Bergious, and so serue it on soppes.

To boyle Chickins.

Yet you shall take Chickens and boyle them with grapes and with a racking of Mutton together, and let the racking of Mutton boyle before the Chickins one halfe and a halfe, and then make a bunch of herbes with Rosemary, Lime, Savooy and Hyssope, and also Margerum, and binde them fast together, put them in the pot, and when you to your time put in your Chickins with parsel in their bellies and a little sweete butter, bergious and pepper, and when you haue so done, boyle your grapes in a little pipkin by themselves, with some of the broth of the Chickins, but take heed you boyle not them too much, nor yet too little, & then take the yolkes of six Egges and strayne them with a little broth of the pot, and when they are strayed put them in the pipkin to the grapes, and stirre them, and when they

beginnes to boyle, take them from the fire, and
stirre them a good while after you haue ta-
ken them vp, and then haue your Hippits
ready in a platter, and lay your meat vpon
it, and then take your pipkin with grapes &
all that is in it, and poure it vpon the
meate: And after this so vt serue it in.

To boyle Mutton and Chickens.

Take your mutton and Chickins, and set
vpon the fire, with faire water, and
when it is well scummed, take two handful
of Cabadge, Lettice, a handfull of currans,
a good pece of butter, the juice of two or
three Lemmons, a good deale of grosse pep-
per, and a good pece of sugar, and let them
seeth all well together, then take three or
four yolkes of egges together hard rost ed,
and straine them with part of your broth,
let them seeth the quantity of an houre: serue
your broth with meate vpon Hippits.

To boyle Chickins.

Strayne your broth into a pipkin, & put
in your Chickins, and skumme them as
cleane as you can, and put in a pece of but-
ter, and a good deale of Horrell, and seethe
them boyle, and put in all maner of splices,
and

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and a little beriuoye picke, and a few Barberries, and cut a Lemonian in pieces, and scrape a little Sugre vpon them, and lay them vpon the Chickins wher you serue them vp, and lay soppes vpon the dish.

Another way to boyle Chickens.

You must strain your broth into a pipkin and set it aboyling, & skumme it, and put in a peice of butter, & endives, and so let it boyle, and a few currans, al manner of splices, and so serue it on soppes.

To boyle Plovers.

You must strain your sweet broth into a pipkin, and set them on the fire, and when they boyle, you must skum them, and then put in a peice of Butter, and a good deale of spennedge, and a little parfle, and a peice of carret roote cut very small, and a few currants, and so let them boyle, and all maner of splices, and a little white wine, and a little vergice, and so serue them vpon soppes.

To boyle Teales.

Take sweet broth and Onions, and shred them, and Spennedge, and put in butter and pepper, and then laye it with toastes of bread,

A Booke
bread, with a little bergions, and so serue it
on soppes.

To boile Steakes betweene two dishes.
You must put Barley and currans, and
butter and bergions, two or three polkes
of egges, and Pepper, Cloues and Space,
and so let them boyle together, and serue
them upon soppes.

To boile a Neates tongue.
In primis in faires water and salt, then pale
it, and cut it in the middle, and then boyle it
in red wine, and fill him full of cloues, and a
little suger, and then wash it with a little
sweete brothe, to doe away the sent of the
wine, and you must make a little red Mus-
ket with red wine and Pijunes boiled togs-
ther, then strayne it, and strayne a little mu-
stard in a fine clout together, and so serue it.

To boile a Capon.
Put the Capon into the powder beise pot
& when you thinke it almost tender, take
a little pot and put therein halfe water and
halfe wine, marrow, currants, dates, whole
mace, bergice, pepper, and a little time.

The boile a Capon.
Seth the capon it selfe in water and salt
and nothing else, and to make the brothe,
Take

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Take strong broth made with beefe or mutton broth, so that it be strong broth, and put into it rosemarie, parsley and tyme, with ful leaves of sage, this let seeth in it a good while, and then put into it small saylors and a fewe whole mace. A quarter of an houre before it be ready to be taken from the fire, haue ready sodden 4. or 5. eggs boyled hard, take nothing out but the yolkes straine the egges with a little of the same broth and ver- gice, haue a little marron cut in small pieces, and if that time of yeare doe serue, take the best of lettuce, cutting off the topes to the brist, and take a fewe prunes with two or threes dates. Thus let it seeth a quarter of an houre or more, and when it is ready to take vp, haue your dish with soppes ready and the water well strained out of the Capon, and then season the broth with alittle pepper, then take it and dish it and scape upon it a littles suger laying the prunes round about the dish ouer.

To boile a Capon with Orenge
and lemons.

Take Orenge and lemons pilled, and cut them the long way, and if you can, keepe your cloues whole, and put them into your

your bof^t broth of sputton or Capon, with
prunes or currants and thre or four dates,
and when they haue been well sodden, put
whole pepper, great mace, a great piece of su-
get, some Rose-water, and either white or
claret wine, and let all these farte together
awhile, and so serue it vpon soppes with
your capon.

To boyle a Capon in white broth
with Almonds.

Take your Capon with marrow bones
and set them on the fire, & when they be
cleane skinned, take the fatter of the broth
and put it in a little pot with a good deale of
marrowe, prunes, rayns, dates, whole ma-
ces and a pint of Welshis wine, then blanch
your almonds and straine them, with them
thicken your pot, and let it farte a good while
& when it is enough serue it vpon sops with
your Capon.

To boyle a Capon in white broth.

Take a good capon and scalde him and
truss him, and when he is faire blanched
put him into your pot, and take a good mar-
rowe bone or 2. or if you haue no marrowe-
bones take a necke of sputton, & when your
capon is halfe boyled take a pottle of the up-
permost of your broth and put it into a faire
peynot

posnet, then take two handfuls of fine currans, and 8. dates, cut every one of them in four pieces, and four or five whole mace, four spoonfuls of Clergious, and so much suger as an Egg, a little Wine and a little perely, and a little Margerum, and if you haue no margerum, then one small spig of Rosemary, bind all your hearebes fast togēther, and when you haue cleane washed them, put to the saide hearebes suger, currans, mace, & veriuyce into your posnet, and a grated Nutmegge, & let them boyle altogether, and when it is almost insough, haue a smal handful of almonds blanched beaten & strayed with a little of the same liquoy, and put that into your broth a good quarter of an houre before you take it vp, and that will make it white, you must also put in some good pieces of marrowe, and let not the marrowe and the dates leeth above halfe an houre, you must take a good handful of prunes, and tie them in cleane clothes, and leeth them in the broth wher the Capon is, when you take vp your capon to serue it in, lay a few sippits, in the bottome of your platter, and lay a few Pomes and Marbelles both about the bottome of the platter, and also upon the capon: you may boyle chichins in the like sorte.

To

A booke of.
To make boiled meates for
dinner.

Take the ribbes of a necke of Mutton,
and bruste it with a morter, saueris,
time, parseley choppet small, currants,
with the yolkes of two egges, pepper and
salt, then put it into a posnet with faire was-
ter, or else with the liquor of some meate,
with vineger, pepper and salt, and a littel but-
ter, and so serue it.

To boile meates for supper.

Take beale and put it into a posnet with
carrot rotes, cut it in long peaces, then
boile it and put thereto a handfull of prunes
and crummes of Bread, then season it with
pepper, salt, and Vineger.

To boile a legge of Mutton with a
Pudding.

First with the knife raise the skin rounde
about, till you come to the ioynts, & when
you haue perboiled the meate, bise it thin
with selwit or marrow, verste P. Margerum,
and penyall, then season it with Pepper,
and Salt Cloues Rose and Cinnamon, and
take the yolkes of tw. or three Egges, and mi-
ngle with your meate a good handfull of cur-
rants, and a selwe minced Dates and put the
meate

meats into the skinne of the leggs of spic-
tun and close it with priches, and so boyle it
with the boath that you boyle the capon, and
let it stande the space of two houres.

To boyle Pigs feete and peitoes.

Take and boyle them in a pinte of ber-
gice and baylacke, take 4. dates min-
ced with a frise small raisons, then
take a little time and choppe it small and lea-
sen it with a littel synamon and ginger and
a quantity of bergies.

To make a mortis.

Take almonds and blanche them, and
beat them in a morter, and boyle a
Chickin, and take all the flesh of him
and boyle it, & straine al together with milke
and water, and put them into a pot, and put
in suger, and sterte them still, and when it
hath boyled a good while, take it off, and let
it a cooling in a pail of water, and straine it
againe with Mose water into a dish.

To boyle a Lambes head
and purtenance.

Strain your boath into a pipkin, and set
it on the fire, and put in butter, and skim
it as cleane as you can, and put in your
meats, and put in cointre, and cut it a little, &
straine

Graine a little peast, and put into it, and cuttans and prunes, and put in al maner of spicess, and so serue it upon soppes.

To boile Quailes.

First put them into a pot with sweete broth, and set them on the fire, then take a carret roote, & cut it in pieces & put it into the pot, then take parsely with sweete herbes, and chop them a little and put them into the pot, then take Mynamon, Ginger, Nutmegges, and Pepper, and put in a little verryce, and so season it with salt, serue them upon soppes, and garnish them with fruit.

To make stewed steakes.

Take a peece of gutton, and cufte it in pecces, and wash it very cleane, and put it into a faire potts with Ale, or with halfe wine, then make it boyle, and skumme it cleane, & put into your potts, a faggot of Rosemary and Lime, then take some Parsely picked fine, and some Onions cut round, and let them all boyle together, then take prunes & raysons, dates and cuttans, and let it boyle altogether, and season it with Mynamon and Ginger, Nutmegges, three of thre Cloves, and saffron, and so serue it on

it on soppes, and garnish it with fruits.

To stew Calues feete.

Take Calves feete saire blanched, and cut them in the half, and when they be moze then halefe boyled, put to them great raisins, matton broth, a little saffron, and sweet butter, pepper, suger, and some sweets herbes finely minced: boyle Calues feete. Sheepe's feete. or lambes feete with Matton broth. sweete herbes and Onions chopped fine, Watte and Pepper, and when they boyle, take the yolkes of an egge and straine it with vergice, and so serue it.

To stewe a Mallard.

Take your Mallard, and seeth him in faire water, with a good Parke bone, and in cabbadge wort, or cabbadge lattice. or both. or some parsnep rootes, and carret rootes and when all these be well sodden, put in prunes, put in prunes enough, and three dates, and season him with salt, cloves and mace, and a little suger & pepper, and then serue it forth with sippets, and put the mace vpon them, and the whole mace, lay on the sippets, and the dates quartered, and the prunes, and the rootes cut in round splices, clay them vpon the sippets also, and the cabbadge leaves lay vpon the Mallard.

A booke
To make Aloes.

Take a legge of beale or mutton, & dice it in thin slices, and lay them in a platter, and cast on salt, and put thereon the yolkes of tenne egges, and a great sorte of small rayns and bates finely minced, then take vynegar and a littile saffron, cloues and mace and a little pepper, and mingle it together, and poure it all about it, and then all so worke it together, and when it is thorowly seasoned, put it on a spit, and set platters underneath it, and baste it with butter and then make a sauce with vynegar and ginger, and suger, and lay the aloes vpon it and so serue it in.

To make Fritters of Spinnedge.

Take a good deale of Spinnedge, & wash it cleane, then boyle it in faire water, and when it is boyled then take it forth, and let the water runne from it, then chop it with the backe of a knife, and then put in some egges and grated bread, and season it with suger, unaman, ginger & pepper, dates minned fine, and currans, and towle them like a ball, and dippe them in butter, made of Ale and Bower.

A Fritter to be made in a
mulde.

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of Cookery.

Take Dore white, and mince it fine; then take Dates and mince them fine, then take Currans, Egges, white grated by two, and season it with suger, Cynamon, and ginger, cloves, mace, and saffron; and mixt it well together, then bryue a thicke Cake of paste, and lay in the moulds, and fill it with the stuffe, and lay another Cake of paste vpon it, then iogge it about, and so strie it.

To boile Pigeons in blacke broath.

First roste them a little, then put them in an earthen pot, with a little quantitey of sweete broath, then take Onions, and dice them, and set them on the coales with some butter to take away the scent of them, put them into the Pigeons, and leyze it with a taste of bread, boalme with vinegar. Then put some sweete hearbs halfe cut, and Cynamon and Gingre, and grosse Pepper, and let them boyle, and season them with salt, serue them vpon sloppes, and garnish them with fruit.

To smere a Conie.

Take the Liveres and boyle them, and chippe it, and sweete hearbs, apples, and the yolkes of hard egges, and choppe them altogether, and currans, suger, Cynamon,

ginger and persey. and fill the Conny full
hereto. then put her into the sweete broth,
and put in sweete butter, then choppe the
yolkes of hard egges. cynamon, ginger. Su-
ger. and cast it on the Cony, when you serue
it vp, season it with salt, serue it on soppes,
and garnish it with fruit.

To boyle a Mallard with
Cabbadge.

Take some cabbedge and picke and wash
them cleane, and perboyle them in faire
water. then put them into a Collender, and
let the water runne from them cleane, then
put them into a faire earthen pot, and as
much sweete broth as will couer the cab-
bage, and sweete Butter. then take your
Mallard and roste it halfe enough, and sans
the drippynge of him, then cut him in the side,
and put the Mallard into the Cabbedge, and
put into it all your drippynge: then let it stew
an houre, and season it with salt, and serue
it upon soppes.

To boyle a Ducke with
Turneps.

Take her fift and put her into a potte
with floured broth. then take persey,
and sweete beards and chop them, and per-
boyle the rootes very small in another potte,
then

then put unto them sweete butter. Cynamon. Ginger. gross Pepper and whole Mace, and so season it with salt, and serue it vpone boopes.

To make white Estings.

Take great Ditemeals, and lay it in milke to keepe, then put in the yolkes of some Egges. and take Dye white and mince it small, then season it with ginger. cynamon. ginger. cloves. mace. and saffron. and salt. and so fill them.

To make blacke-puddings.

Take great Ditemeals, and lay it in milke to keepe, then take Sheepe's blode and put to it, and take Dye white and mince into it, then take a fewe sweete herbes. and two or three leeks blades. and choppe them very small. and then put into it the yolkes of some egges, and season it with Cynamon. ginger. cloves. mace. pepper and salt. and so fill them.

To make strong broth for
sick men.

Take a pound of Almonds, and blanch them, and beats them in a morter very fine. then take the boynes of a Capon, and beats with it, then put into it a littis cream. and make it to draine through a strainer.

then set it on the fire in a dish, and season it with rose water and sugar, and stirre it.

To boyle a Breame.

Take white wine, and put it into a pot, and let it seeth, then take your Breame and cut him in the middest, and put him in, then take an Onion and chop it small, then take Nutmeggs beaten, Cinnamon and ginger, whole mace, and a pound o' Butter, and let it boyle altogether, and so season it with salt, serue it upon soppes, and garnish it with scutts.

To boyle Muskies.

Take water and yeast, and a good dish of butter, and onions chopt, and a little pepper, and when it hath boyled a little while theresse that your Muskies be cleane washed; and put them into the broth ther and all, and when they be boyled well then serue them broth and all.

To boyle stockefish.

Take Stocke fish when it is well wated and pick out al the baile cleane from the fish, then put it into a pipkin, and put in no more water ther: Hall couer it, and set it on the fire, and as soone as it beginneth to boyle on the one side, then turne the other side to the fire, and as soone as it beginneth to

to boyle on the other side, take it off, and put it into a Colender, and let the water runne out from it, but put in salt in the boylng of it, then take a little faire water and sweete butter, and let it boyle in a dish untill it be something thicke, then poure it on the back-fish and serue it.

To make bake meates.

Take a legge o' Lambe, and cut out all the fleshe, and save the skinne whole, then mince it fine, & white with it then put in grated bread, and some egges whites and all, and some Dates and Currantes, then season it with some Pepper, Mynyon, Ginger, and some Nutmegges and Carrawaisies, and a little Creame, and temper it altogether, then put it into the legge of the Lambe againe, and let it bake a little before you put it into your Pye, and when you haue put it into your Pye: then put in a little of the pudding about it. and when it is almost baked, then put in verryper, sugar and sweete butter, and so serue it.

Another bake meat.

Take a legge of veale, & cut it in slices, and beat it with the backs of a knife, then take lime, margetum and penitall, sauerie, and parsley, and one Onion,

and choppe them altogether very small, then break in some egges whites and all, and put in your herbes, and season it with pepper.nutmegs.and salt. and a little suger, then stirre them altogether. and then lappe them up like alowines, and cast a fewe currants.and dates. and butter amongst them.

Another bake meat.

Take two pounds of white. and a little beale. and mince it together. then take a little penicillall. Dauncy and Margerum. and beset leekes. and choppe them fine, and put in some egges. and some creame. then stirre it all well together. and season it with pepper.nutmegs and salt. then put it into the pie. and cut the lid. and let it bake till it be done. then serue it.

To make Marie pies.

Make fine paste. and put in the white of one egge and suger, & when they are made in little coffins. set them into the Ouen vpon a paper a litle while. then take them out and put in marie. and then close them vp and prickc them, and set them in againe, and when they are broken serue them with blanch powder strewed vpon them.

To

To boyle Pie meat.

Take a legge of mutton, and mince it very fine with swet, and seeth it in a little pan or an earthen pot with butter, and season it with Clovers. Rose great Mayfins. and prunes, and salt, and serue it in a dish, and if you will put in some ioyces of Orenge, and lay halfe an Orenge vpon it.

To make fine Cakes.

Take fine flower and good quantite of suger, you must haue no other liquor, but that, then take sweete butter, two or three yolkes of egges and a good quantity of Suger, and a few cloves and mace, as your Cookes mouth shall serue him, and a little saffron, & a little Gods good about a spoonfull, if you put in too much, they shal arise, cut them in square s like unto trenchers, and prick them well, and let your Doun be wel swēpt and lay them vpon papers, and so set them into the Ouen, doe not burne them, if they be three or fourre daies olde they be the better.

To make fine cracknels.

Take fine flower and a good quantity of egges as many as will suppie the flower, then take as much suger as wil sweeten the past, and if you will not be at the coste to sayle

rayse it with Egges, and put thereto sweete
butter, Cynamon, and a good quantity of
nutmegges and mace, according to your
desire, take a good quantity of Annis seede,
and let all this be blened with your flow-
er, and the putting in of your egges or other
moyflors, then set on your water, and let it
be at softing before you put in your Crack-
nels in it, they will goe to th: bottome, and
at their rising take them out and drye them
with a cloth, then bake them.

To bake Conies.

Have the paste ready, wash your Conies
and purpyle them, then cast them into
the colde water, then season them with salt
and ginger, lay them into the paste, and bpon
them lay leached larde, close them and bake
them.

To bake a breast of Veale.

Take and breake the bones thereof in
the middest, and purpyle him, and
take out the bones, and season him
with pepper and salt, and lay him in
the coffin with a little sweet butter, and close
him up, then make a cauel of the yolkes of
egges, and straine it, and boyle it in a
cheling bille of coales, and season it with su-
gar,

get, and put it in the ppe, and set it into the oven againg.

To make a Pudding in a breast
of Veale.

Take Parsley and Lime, wash them
picke them, and choppe them small,
then take 3. yolkes of egges, grated bread,
and halfe a pint of cream being very sweet,
then season it with pepper, Cloves and
Spacer. Daff. on and Auger. small Maplins
and salt, put it in and roste it and serue it.

To bake a Gammon of bacon.

Takes a Gammon of bacon. Water it first
dayss, and parboyle him halfe enough,
and lay him in pesse. then take the fluethe
off him and stuffe him with cloves and sea-
son him with pepper and saffron. One cloese
up in a stanbing ppe, baks him, and so serue
him.

To make fine basket-
bread.

Takes a pound of fine flour, and a pound
of suger, and mangle it together. a qua-
ter of a pound of Sennis fides. Boare eggs
two or three spoonfulls of Rose water, put all
these ente an earthen panne. And with a
flic of Wilton beaten it the space of three
hours.

houres, then fill your moultis halfe ful, your
moultis must bee of Linnen, and then set it
into the ouen, your ouen besing so hotte as
it were for cheaste bread, and let it stand one
houre and a halfe: you must annoint your
moultis with butter before you put in your
fuffe, and when you will occupy of it, slice
it thynne, and dry it in the ouen, your ouen
besing no hotter then you may abide your
hand in the bottome.

To bake a Turkie, and take out
his bones.

Take a fat Turkie, and after you haue
scalded him and washed him cleane, lays
him upon a faire cloth, and slit him throughout
the backe, and when you haue taken
out his garbadges then you must take out
his bones so bare as you can, when you
haue so done, wash him cleane, then trutte
him, and prick his backs together, and so
hang a faire kettie of seething water, and
perboyle him a little, then take him vp that
the water may runnes cleane out from him,
and when he is colde, season him with pep-
per and salte, and then prick him with a
few clones in the breast, and also drawe
him with larde if you like of it, and when
you haue made your coffyn, and laide your

Turkie

of Cookery. 27

Turke in it, then you must put some Butter in it, and so close him up, in this sorte you may bake a goose, pheasant or capon.

To bake a Kidde.

Take your Kid & parboile him, and wash it in verryce and saffron, and season it with pepper, salt and a little mace, then lay it in your coffin with sweete Butter, and the liquo; it was seasoned in, and so bake it.

To bake a Mallard.

Take ther 2 or 3 faire Onions, and scame them in a morter, then straine them with a saucer full of verryce, then take your mallard, and put him into the iuyce of the said Onions, and season him with pepper, and salt, cloves and mace, then put your Mallard into the coffin with the said iuyce of the onpons, and a good quantitie of winter sauzie, a little Lime and persely chopped small, and sweete butter, so close it up, and bake it.

To make a Pie of humbles.

Take your humbles being parboyled and choppe them very small with a god quantity of Mutton selvet, and halfe a handful of herbes following, Lime, marge- sum, borage, persely, and a little rosemary.

and season the same being chopped, with pepper, cloves and mace. and so close your Pie and bake him.

To bake a Redde Deere.

Take a handfull of Lime. and a handfull of Rosemary. a handfull of winter sauerstir. a handfull of bay leaves. and a handfull of kennell. and when your liquour sceths that you perboyle your venison in. put in your herbs also. and perboyle your venison vntill it be halfe enough. then take it out and lay it vpon a faire boord. that the watec may runne out from it. then take a knife and piske it full of holes. and while it is boorme. haue a faire Leaye with Wineget therein. and so put your venison therein. from morning vntill night. and euer now and then turne it byside downe. and then at night haue your coffin ready. and this done. season it with cinnamon. ginger. and greate megges. peper and saute. and when you haue seasoned it. put it into your Coffin. and put a good quantity of sweete Butter into it. and then put it into the Ouen at night when you goe to bedde. and in the moring draw it forth and put in a sancer full of Wineget into your Pie. at a hole aboue in the toppe of it. so that the Wineget may

commune

gunne into every place of it, and then stoppe
the hole againe and turne the bottome up-
ward, and so serue it in.

Another bake meate for
Chickins.

First season your Chickins with Sugre,
Sianamon and ginger, and so lape them in
your Pie, then put in upon them Coosches-
ties or grapes, or Barberies, then put in
some sweete Butter, and close them up, and
when they be almost baked, then put in a
Cawels made with hard eggs, and white
wine, and serue it.

To bake Calves feete.

Take Calves feete and boyle them, then
choppe them fine, and a pound of white,
and chop it with them, then chop an Onion
small, and put it in them, then take prunes,
dates and currans, and put to them, season
them with Pepper, Nutmegs, and a little
large space, then put in some Egges, and
stirre it altogether, and put it into a Pie, and
let it bake two houres, then put in a lit-
tle bergies and suger, and so serue it.

To souce a Pigge.

Take white wine, and a little sweete
butter, and halfe a score Nutmegs cut
in quarters, then take Rosemary, Bayes,
Lime

Lime, and sweete spargerum. and let them boyle altogether, skimme them very cleane and when they be boyled. put them into an earthen pan. and the Scrope also. and when you serue them, a quarter in a dish. and the Bayes and Nutmegges on the toppe.

The order to boyle a brawne.

Take your Bialone, and when you have cut him out, lay him in faire water fourte
and twentie houres, and shifte it faire o
fou times. and scapse. and binde vp those
that you shall thinke good, with Hemps,
binde one handfull of greene Willowes to
gether. and lay them in the bottome of the
panne, and then put in your Bialone, and
skimme it very cleane, and let it boyle but
softly, and it must be so tender, that you may
pnt a straw through it, and when it is boyl
ed enough, let it stand & cool in the panne,
and when you take it vp let it lye in traies
one houre or two, and then make sowring
drinke with ale and water, and salt. and
you must make it very strong, and so let it
lie a weeke before you spend it.

To make Almond butter.

Take Almonds and blanch them, and
beate them in a Morter verie small,
and

and in the beating, put in a little water, and when they be beaten, pour in water into two pots, and put in halfe into one, and halfe into another, and put in Sugger, and stirre them still, and let them boyle a good while, then straine it through a strayne with rose water, and so distill it up.

To roste an Hare.

You must not cut off her head, feete no3
eates, but make a Pudding in her bellie, and put paper about her eates that they
burne not, and when the Hare is rostid
you must take synamon and Ginger, and
grated bread, and you must make very sweet
sauce, and you must put in Warburies and
let them boyle together.

To make a fritter stiffe.

Take fine flower, and three or fourte eggs
and put into the flower, and a peice of
Butter, and let them boyle altogether in
a dish of Chaser, and put in Sugger, Syna-
mon and ginger, and Rosewater: and in
the boylng, put in a little grated bread to
make it big, and then put it into your
meale, and frye it with clarified Butter,
but your butter may not be too hotte nor too
cold.



For

For to bake a Hare.

Take your Hare and parboile him, and mince him, and then beat him in a morter very fine, luer and all if you will, and season it with all kinde of splices and saltis, and bes him together with the yolkes of seven or eight egges, and when you have made him vp together, drawe large verie shiche through him, and minge them altogether, and put him in pise, and put in but, fer before you close him vp.

To preserue Oranges.

YOU must cut your Oranges in halfe, and pace them a little round about, and let them lie in water, fours or five daies, and you must change the water once or twice a day, and when you preserue them, you must have a quarte of faire water to put in your Oranger, and a little Rosewater, and set it on the fire, and scumme it very clean, and put in a little Synamon, and put in your Oranges, and let them boyle a little while, and then take them out againe, and boise five or six times, and when they be enough, put in your Oranges, & let your streape stand till it be colde, and then put your streape into your Oranges.

To make all manner of fruit
Tarts.

You must boyle your fruits, whether it be apple, cherries, peach, damson, peaches, Mulberries or cooling, in faire water, and when they be boyled enough, put them into a bowls, and bruse them with a Ladle, and when they be colde, strain them, and put in red wine, or Claret wine, and so season it with sugar, cinnamon and ginger.

To make a Tarte of preserved fluffe.

Yo~~u~~ must take halfe a hundredth of Ca-
stardes, and pake them, and cut them
and as soone as you haue cut them, put them
into a pot and put in two or thre pounds of
suger. and a pinte of water. and a little Rose
water, and sticke them from the time you
put them in, untill the time you take them
out againe. so also you may also put it into
a dish, and when your Carte is made, put
it into the Ouen. and when it is baked. en-
close it with butter. and thre or four pound
of suger on the toppe. and then bee on your fance. and set
comfets on the top and so serue it vp.

To make a Tarte of Prunes.

C2

A booke

water, and stirre them now and then, and when they be boyled enough, put them into a bowle, and straine them with suger, synamon and ginger.

To make a Tart of Ryce.

Bryde your Ryce, and put in the yolkes of two or three Egges into the Ryce and when it is boyled, put it into a dish, and season it with suger, synamon and ginger and butter, and the iuyce of two or three Drenches, and set it on the ffe agains.

To make a Custard.

Breake your Egges into a bowle, and put your creme into another Bowle, and straine your egges into the creams, and put in saffron, cloues, and mace, and a little synamon and ginger, and if you will, some suger and butter, and season it with salt, and melt your butter, and stirre it with the Table a good while, and bubble your custard with dates or currans.

To make a Tart of Wardens.

You must bake your wardens first in a Pie, and then take all the wardens and cut them in four quarters, and coare them and put them into a Tarte pinched, with your suger, and season them with suger, synamon and Ginger, and set them in

the Duen, and put no couer on them, but you must cut a couer, and lay on the Tarte when it is baked, and butter the Tarts and the couer too and imbise it with suger.

To make a Tarte with Butter
and egges.

Bake your Egges, and take the yolkes
of them and take butter and melt it, let
... be very hottē ready to boyle, and put your
batter into your Egges, and so straine them
into a a bole, and season them with Suger

To make a Tart of
Spennedge.

Bylls your Egges and your Creame
together, & then put them into a bole,
and then boyle your Spennedge, and when
they are boyled, take them out of the water
and straine them into your Suffe before you
straine your Creame, boyle your Suffe and
then straine them al againe, and season them
with suger and salt.

To make a Tarte of
Strawberries.

Vallish your Strawberries, and put them
into your Tarte, and season them
with suger, synamon and Ginger, and put
in a little red wine into them.

A Booke
To make a Tart
of hippes.

Take Hippes and cut them. and take the
seeds out, and wash them very cleane,
and put them into your Carte. and season
them with suger. cinnamon and gingerc.

Do you must preferre them with suger.
cinnamon and gingerc and put them into a
gelly pot close.

To bake the humbles of a
Deere.

Mince them very small. and season
them with pepper. cinnamon, and
Ginger. and suger if you will. and
Cloues. and Mace. and dates. and
currants, or if you will, mince Almonds, and
put unto them: & when it is baked, you must
put in fine fat, and put in suger. cinnamon and
Ginger. and let it boyle. and when it is min-
ced. put them together,

To make a veale Pie.

Vet your Veale boyle a good while, and
when it is boyled. mince it by it selfe. and
the whites by it selfe. and season it with salt
and pepper, cinnamon and ginger. and su-
ger. and cloues and mace, and you must have
prunes and rayns, dates and currants on
the toppe.

For.

To make Mutton pies.

Mince your mutton and pouke it all together, and when it is minced, season it with pepper, saffron, ginger, and Cloves and mace, and prunes, currants and raisins and raisins and hard eggs boiled and chop-pea berry small, and throw them on the top.

To bake Calves feet.

Seson them with salt, pepper, and butter and currants if you will, and when they be baked, put in a little white wine and sugar, or vinegar and sugar, or bergies and sugar.

To bake Chickens in a Cawdle.

Seson them with salt and pepper, & put in butter and so let them bake, and when they be baked, boyle a ffeare Barberies, and prunes and currants, and take a little white wine or bergies, and let it boile, and put in a little sugar, and set it on the fire a little, and straine in two or three yolkes of eggs into the wine, and when you take the dish off the fire, put the prunes and currants and Barberies into the dish, and then put them in altogether into the pyes of chickens.

A booke
To bake Pigeons,
Season them with pepper and salt and
butter.

To bake a Cosy.
Season him with Pepper and Salt, and
put in butter and currantes, and when it
is baked put in a little bergise, and suger
into the Pie, and serue it vp.

To bake a Gammon of bacon
to keepe colde.

You must first boyle him a quarter of an
hour before you stuffe him, and stuffe
him with swete herbes and hard Egges
chopped together or persellis.

To bake a fyller of beefe to
keepe colde.

Minc him very small, and seethe him
with Pepper and salt, and make him
up together accordingly and put them in
your Pie, and lard them very thicke.

To make fine bread.

Take halfe a pound of fine suger well
beaten, and as much flower, and put
thereto fourre Egges whites, and being ver-
y well beaten, you must mingle them with
uniseedes bruleo, and beeing all beaten
together, put into your moule, melting the
sugre over fire with a little butter, and set

it in the Ouen, & turne it twice or thrise in
the baking.

To bake a Neates tongue.

First powder the the tongue thre or four
dayes, and then seeth it in fatre water,
then blanch it and larde it, and season it
with a little pepper and salt, then bake
it in this paste, and before you close uppe
yong pie, Creame upon the tongue a good
quantitie of Cloues and Space beaten in
powder, and upon that halfe a pounce of
Butter, then close up your pie very close,
but make a rounde hole in the toppe of the
pie. Then when it hath stood more then
fourte houres in the oven, you must put in
halfe a pinte of Winegar or more, as the Wi-
neger is shalpe then close up the hole very
close with a piece of paste, and set it in the o-
uen againe,

To make Muggets.

First perboyle them, and take whites and
choppe them both together, and put car-
tantes, Dates, Cynamon and Ginger,
Cloues, and Space, and grosse Pepper and
Sugar, if you will, two or three volkes of
Egges, and seethe them together, with
Salt, and put in the stiffe into the casules
of Suntion, and so put them in dishes, and
take

take tyme as three eggs whits and all. and
put them on the caroles, and make some
pastry lassies for them.

To make fillets of beefe or clods
in Head of redd Deere.

First take your Beefe and Larbe it very
thichke, and then season it with Pepper &
Salte, Mynamon and ginger. Cloues and
Space good Rose, with a great deale more
quantitie of Pepper and Salte, then you
would a pece of Swanson. and put it in co-
uered Paste, and when it is baked, take vi-
nager & suger, Mynamon and Ginger, and
put in, and shake the Paste. and stoppe it
close. and let it stand almoost a foynight be-
fore you cut it vp.

To make a Tarte that is a courage
to a man or woman.

Take two Quinces and tyme as three
Butters rootes, and a potaton, and pare
your potaton and scrape your rootes and
put them into a quart of winc, and let them
boyle till they be tender, and put in an ounce
of Dates, and when they be boyled tender,
draw them through a strainer, winc and all,
and then putte in the yolkes of eight
Egges, and the lyaines of three as three
cockes for paxtwes, and Craine them into
the

the other, and a little Rose water, and stich them all with Suger, Mynamon and Cinger, and Cloues and Spices, and put in a little swete butter, and set it upon a chalenghys of coles, betweene two platters, and so let it boyle till it be something bigge.

To stew a Cocke.

You must cutte him in five pieces . and walthe him cleane and take Prunes, Curtants and Dates, cutte very small, and Mayfins of the Dannes, and Suger beaten very small, Cynamon, Cinger, and Nutmeggs likewise beaten, and a little Maydens hayre cutte very small, and you must put him in a pipkin, and put in almost a pinte of Muskebine , and then your Spices and Suger vpon your Cocke, and put in your fruite betweene eastry quater, and a peeces of Calde betweene every piece of your Cocke, then you must make a Lide of Wood fit for your pipkin, and clost it as close as you can with patty . that no ayre come out . no water can come in . and then you must fill two haile pots . so that the pipkins feet touch not the haile pot before the pot boiles . and so let them boile

long

fourte and twenty hours, and fill uppe the
pots still as it boyles away, with the other
pot that stands by, and when it is boyled
take out your Colise, and let him drinke it
fasting and it shall helpe him, this is appre-
m'd.

To preserue all kinde offruits, that they
shall not breake in the preseruing
of them.

Takes a platter that is plaine in the bot-
tome, and lay suger in the bottome, then
cherries or any other fruit, and so betweene
every rowles you lay, thereto suger, and set it
uppon a pots heade, and couer it with a dish,
and so let it boyle.

To make a sirop for bake
meates.

Takes Ginger, Clones and Rose, Nut-
meggs, beate all these together very fine
and boyle them in good red Winegar, untill
it be come to that thicks, this beeinge done,
drawe your pie, when it is hard baked and
a small hole being made in the couer there-
of at the fift, with a Tunnell of paste, you
must poure the sirop into the Pie, that
done couer the hole with paste, and shogge
the pie well, and set it agayn in the Ouen
till it be thoroughly baked, and when you
have

Then drawe it, turne the bottome uppon
till it be seased.

To roast a Carpe or Tench with a Pud-
ding in his belly.

Take the Bones of a Pike, and choppe
the very small, then put in grased basons
two or three Egges, Currans, Dates, Ban-
gaz, Minnamon and Ginger and Spaxe,
Pepper and Salt, and put it in his belly, and
put him on a booch, and make sweete sauce
with Racheries, or Lemmons minced, and
put into the sweete sauce, and then put it on
the Carpe, when you sease it vp.

To make a fresh Cheeſe and
Creame.

Take a gallon or two of milke from the
Cowes, and ſeeth it, and when it both
ſeeth, put therunto a quart or two of
moorning Milke, in faire cleaſing pans, in
ſuch place, as no duff may fall thereto, and
this is for your cleaſed Creame, the next
moorning take a quarte of mornings milke,
and ſeeth it, and when it both ſeeth, put in a
quarte of Creame therunto, and take it off
the fire, and put it into a faire earthen pan,
and let it ſtand untill it be ſomewhat blood
warmed, but ſtill hott night, put a good
quantity

quantity of Ginger, with Rosewater, and stirre it together, and let it settle all night, and the next day put into your faire blood-boarne milke to make your Cheese come, then put the Curdes in a faire cloth, with a little good Rosewater, and fine powder of Ginger, and a little Sugars, so faste, grcate soft towles together with a thred, and crush out the whey with your clewtes Creame, and mixt it with fine powder of Ginger, and Sugars, and so sprinkle it with Rosewater, and put your Cheese in a faire dish, and putt these clewtes round about it, then take a pinte of raw Milke or Creame, and putt it in a potte, and alle shake it, untill it be gathered into a frothlike snow, and easie as it commeth, take it off with a spoone, and putt it into a Collender, then putt it upon your fresh Cheese, and prick it with dillasters, and so serue it.

THE NAMES OF ALL things necessary for a banquet.

Sugars.	Cinnamon.	Licorice.
Pepper.	Quinsicks.	All kinds of Cumfets.
Saffron	Saunders.	Djenges.
Anniseedes.	Collander	Wemic

of Cookerie.

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Pomegranet.	Lemmons.	Damask
Lazureli.	Melwater	Water.
Spirnes	Rapins	Dates.
Currans	Kie flower	Cherries com- fervos.
Wachterios (5.)	Ginger.	
soured.	Cloues and	Sweet Dru- ges.
Pepper white	Spass.	Wafers
and brown.		

For your Matchpanes seasoned, and
unseasoned Spunndges.

To make Manus Christi.

The six spoonfull of Melwater, and
graines of ambergrecce, and 4. graines
of Pearls be alen very fine, put thes three
together in a Morter, and couert it close,
and let it stand couert one houre, then
take four ounces of very fine sugar, and
beate it small, and searcce it through a fine
searcce, then take a little earthen pot glazed
and put into it a spoonfull of sugar and a
quarter of a spoonfull of Melwater, and
let the sugar and the Melwater boyle to-
gether softly, till it boyle and fall againe
threes times. Then take fine Kie flower
and stit it on a smooth board, and with a
spoon take of the sugar, and the Melwa-
ter, and first makes it all into a round cake,
and

and then after into little Cakes, and when they be halfe colde, wet them ouer with the same Rosewater, and then laye on your golde, and so shall you make very good Manus Christi.

To make a Caudle to comfort the stomacke good for an olde man.

Take a pint of god Muscadine, and as much of god Ale ale, mingle them together, then take the yolkes of twelve or th'reene egges new laide, heate wel the Egges first by themselves, and with the wine and ale, and so boyle it altogether and put thereto a quarteroe of Sugger, and a few whole mace, and so stirre it well, till it seeth a good whise, and when it is well sod, pultherein a few slices of bread if you will, and so let it soke a whise, and it will be right good and wholesome.

To make a trifle.

Take a pinte of thicke Creame, and season it with Suggar and Ginger, and Rosewater, so stirre it as you would, then bue it and make it luke warme in a dish on a Chafingdishe and coales, and after put it into a siluer peece or a bowle, and so strew it to the boord.

To

To make Marmelat of Quinces.

You must take a pettle of water, and four pound of sugar, and so let them boyle together, and when they boyle, you must skimm them as cleane as you can, and you must take the whites of two or three Egges, and beat them to froth, and put the froth into the pan so; to make the skum to rie, then skimm it as cleane as you can, and then take off the kettle, and put in the Quinces, and let them boyle a good while and when they boyle, you must stirre them still, and when they be boyled you must bore them.

To make butter paste.

Take floure, and seaven or eight Egges, and cold batter, and faire water or Ross water and spiccs, if you will, and make your past, and beat it on a bord, and when you have so done, devide it into two or three partes, and divide out the piece with a rolling Pinne, and doe with butter one piece by another: and then fold up your paste vpon the butter, and dye it out againe, and so doe thre or ffe times together, and some cut for beatinges, and put them into the Ouen, and when they be baked, scrape sugar on them, and sette them.

D

To

A booke

To make Fritter stuffe.

Take fine flower, & thre o3 four eggs
and put into the flower, and a pace
of Butter, and let them boyle altogether
in a dishe o3 a chaser, & put in suger, syna-
mon and Ginger, and Rosewater, and
in the boylling put in a littis grated bread,
to make it bigge, and then put it into a dish,
and heat it well together, and so put it into
your moule, and frye it with clarified but-
ter, but your butter may not be too hott
nor too colde.

To make a madishe of
Artichokes.

Take your Artichokes and pare away
all the top even to the meat, and boyle
them in sweete broth til they be some-
what tender: and then take them out, and
put them into a dish, and seeth them with
Pepper, synamon and ginger & then put in
your dish that you meane to bake them in
and put in macroime to them good Rose,
and so let them bake, and when they be ba-
ked, put in a little Vineger and butter, and
ciche thre o3 four leaves of the Artichokes
in the dish when you serue them vp, and
scrap suger on the dish.

To

of Cookery
To frie Bacon.

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To frie Bacon also slice it very thinne, and cut awaye the leane, and boise it with the backe of your knife, and fry it in sweete Butter, and serue it.

To frie Chickins.

To bise your chickins and let them boile in verye good sweete broth a prettie whille, and take the chickins out, and quarter them out in peeces, and then put them into a frysing pan with sweete butter, and let them boile in the pan, but you must not let them be brownes with frysing, and then put out the Butter out of the pan, and then take a little sweete broth, and as much Elergice, and the yolkes of two Egges, and beat them together, and put in a little Nutmegges, Minaunon and Ginger, and Pepper into the sance, and then put them all into the pan to the chickins, and mixe them together in the pan, and put them into a dish and serue them vp.

To make a boyled meatte after the French waies.

To pigeons also larde them, and then put them on a brach, and let them be halfe rostes, then take them off the brach, and make a Roasting of sweete herbes of

crusty soote a good handfull, and chop Ore
 white amongst the hearbes very small, and
 take the yolkes of fives or sixe Egges, and
 grated bread, and season it with pepper, sa-
 manon and Ginger, Cloves and mace, su-
 ger and Currans, and mingle all together,
 and then put the stroffe on the pigeons, round
 about, and then put the pigeons into the ca-
 bages that be parched, and binds the cab-
 bage fast to the pigeons, and then put them
 into the pot wher you meane to boyle them,
 and put in Beefs broth into them, and Cab-
 bages chopped small, and so let them boyle,
 and put in Pepper, Cloves and Mace, and
 prick the pigeons full of Cloves before you
 put the padding on them, and put a peice of
 Butter, synamon and Ginger, and a littel
 Vineges and white wine and so serue them
 by, and garnish them with fruite, and serue
 one in a dish, and but a little of the broath
 you must put into the dish, when you serue
 them by.

To make a Sallet of all kinde
of hearbes.

Take your hearbes and pick them very
 fine in to faire water, and pick your flow-
 ers by themselves, and wash them all
 cleane, and swing them in a strainer, and
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when you put them into a dish, mingle them with Cucumberes or Lemmons paynes & sliced, and lette ginger, and put in Wineget and Oyle, and therto the flowers on the toppe of the sallet, and of every sorte of the aforesaid thinges, and garnish the dish about with the aforesaid thinges, and have Egges boyled, and laid about the dish, and upon the sallet.

A sauce for a Cony.

Cut Onions in roundels, and frie them in butter, then put to them wine Wineget, salt, ginger, camomill and pepper, and a little sugar, and let it boyle till it be good and foly, then serue it vpon the Conis.

To make a Sallet of

Lemmons.

Cut out slices of the peale of the Lemyng mons long wayes, a quarter of an inch, one peale from another, and then slice the Lemmon very thinne, and lay him in a dish, close, and the Ides about the Lemmons, and scrape a good boale of suger vpon them, and so serue them.

To make a saufedge.

Take spartivinest beste, or if you can not get it, take fresh beaste, or the leane of bacon if you will, & you must mince

very small that kinds of flesh that you take
and cut it into the minced meat,
and whole pepper, and the yolkes of seauen
Egges, and mingle them altogether, and
put the meat into a gut very salt, and hang
him in the Chimney, where he may dry, and
there let him hang a month or two before
you take him downe.

To make a Pie.

First perboyle your fleshe and preesse it, and
when it is pressed, season it with Pepper
and salt whilist it is hot, then larde it, make
your paste of Rue flower, it must bee well
thick, or else it will not hold, when it is sea-
soned and larded, laye it in your pye, then
cast on it before you close it a good deale of
Cloues and Space beaten small, and throwe
uppon that a good deale of butter, and so
close it vp you must leau a hole in the top
of the lid, & when it hath stoode two houres
in the Ouen, you must fill it as full of Wine-
ger as you can, and then stoppe the hole
as close as you can with paste, and then set
it into the Ouen againe, your Ouen must
be very hote as the first, and that your Pies
will keepe a great while, the longer you
keepe them, the better they will bee: when
they be taken out of the Ouen, and almost

coide

colde, you must shake them betwix your handes, and set them with the bottoms bywarde, and when you set them into the Ouen, bee well ware that one pps toucheth not another by more then ones hand breadth: Remember also to let them stand in the Ouen after the vnderget be in two hours and more.

To make white broth with
Almondes.

Firste looks that your meate be cleane washed, and then set it on the fire, and when it boyleth scumme it cleane, and put some salt into the pot, then take rosmarie, thyme, Glou and margerum, and binde them together, and put them into the pot, and take a dish of sweete butter, and put it into the pot amongst your meate, and take some whole spicer, and binde them in a clout, and put them into the pot with a quantitie of hercice, and after that take a quantitie of Almondes as shall serue the turne, blanche them, and beat them in a morter, and then straine them with the broth wher your meate is in. And when these almonds are strained put them in a pot by themselves, with soms vngar, and a little Ginger, and also a littell Rose-water, and then sticke it whyle it

boyle. and after that, take some sliced orange without the kernelles, and boyle them with the broth of the pot upon a chalengdish of coales with a little suger. and then haue some sippetts ready in a platter, and serue the meate vpon them, and put not your Almonds in till it be ready to be serued.

To make Pottage to loose
the body.

Take a chicken, & seeth it in running water, then take two handfuls of Violet leaues, and a good pretty sorte of ray fons of the Mummie, picke out the bones, and seethe them with the chichins, and when it is well sodden, season it with a little salt, & staine it and so serue it.

To make another very good
pottage to be vsed in the
morning.

Take a chicken, and seeth it in faire wa-
ter, & parte it Violet leaues a handfull
or two or else soms other god hearbes, that
you like in the stead o' t'jean, and so let them
seeth altogether, till the chichin bee ready to
fall a pieces, then staine it, and cut thinnes
pieces of b'reade, and seeth it till the b'reade
be very tender, and then season it with salt,
And on the fishe day seeth the hearbes as
before

before in faire running water, and strain it, and seeth bread as before in it, and season it with salt and put in a pece of butter.

To boyle divers kindes of
fish.

But. Congre. Choynebacke. plinen. frefly
Bacon. all these you must boile with a
little faire water and vineger, a little salt, and
bay leaues. and lassue them in vineger, and
a little of the broth that they are boyled in
with a little salt, and as you see comis shalfe
your sauce as you doe beyn in boyness nere
to stelyng. seethe it as is aforesaid,
and lassue it as yee did the other, and so ye
may keepe it halfe a yere with changing
of the sauee: and salt Burgoo, seethe it in
water and salt, and a little vineger. and let
it be cold. and serue it forth with vineger, and
a little fennell vpper it, but let ther be seethe
it. it shall be watered.

To speake broath for one that
is weake.

Take a legge of beale, and set it over the
fire in a gallon of water, shunning it
cleane, when you haue so done. put in thre
quarters of a pound of small raylers, halfe
a pound of pynes. a good handfull of Mar-
tagge, as muche langde beefc, as muche winte
and

and the like quantitie of Harts tongue, let all
these farr together, till all the strength of the
flesh be sodden out, then straine it so cleane as
you can, and if you thinke the patient be in
any heat, put in violet leaves and sauge
as you doe with the other herbes.

To boyle a Capon with
firrope.

BOYLE your Capon in sweete broth, and
put in greate pepper and whole mace in-
to the Capons bellie, and make your scrop
with spinage, white wine and currantes,
suger. synamon and Ginger, and sweet but-
ter and so let them boyle. and when your ca-
pon is ready to serue, put the firrope on the
capon, and boyle your spinage before you
make your scrop.

To dresse a Hare.

VVASH her in faire water, perboyle
her, then laye her in colde water,
then larde her and colle her, and soz sauce
take red wine. salte. vineger. ginger. pepper.
cloves and mace. put these together, then
wine onions and apples, and syre them in
a panne, then put your sauce to them with a
little suger, and let them boyle together, and
then seue it.

To

To bake a Hare.

Take your Hare and perboyle him, and
sance him, and then beats him in a mea-
ter very fine, luet and all, if you will, and
frason him with all kinde of spiccs, and saltc,
and doe him together with the yolkes of sea-
uen or eight egges, when you have made
him vp together, drawe Larde very thicks
through him, or cut the Larde and mingle
them together, and put him in a ppe, and pas
in batter, before you close him vp.

To roste Deares tonges.

Take Deares tonges and larde them and
sance them with sweete sance.

To make Blewemanger.

Take a pinte of Creame, twelve or fif-
teene yolkes of egges, and straine them
into it, and leeth them well, ever stirring it
with a Spicke that is broad at the end, but be-
fore you leeth it, put in suger, and in the stir-
ring taste of it, that you may if nere be, put
in more suger, and when it is almost sodden
put in it a little Colawater, that it may taste
thereso, and leeth it well till it be thicks, and
then straine it againe, if it hath neede, as else
put it in a sayre Dishe, and sterte it till it
be almost cold, and take the white of all the
Egges, and straine them with a pinte of
creame

Cream, and seeth that with suger, and in the end put in case water as into the other, and seeth it till it be thicke enough, and then mis it as the other, and when ye serue it, ye may serve one dish of one and another of the other in cailes, and call ou bischets.

To make Peascodis in Lent.

Take figs, Maffins, and a fewe dates, and beat them very fine, and season it with Cloves, Mace, Cynamon, and Ginger, and soz your paste seeth faire water and oyle in a dish over coales, put therin saffron, and salte, and a little flower, saldown them then like peascodis, and when ye will serue them, frye them in oyle in a frying-panne, but let the oyle be very hott, and the fire soft so burning of them, and when ye make them so fleshe dayes, take a fillet of veal and mince it fine, and put the yolkes of two or three rawe egges to it, and season it with pepper, salt, cloves, mace, myrie, suger, cynamon, ginger, smallcay sins, or great minced, and soz your paste, bottes the yolkes of an egge, and season them, and frye them in butter, as you did the other in oyle.

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To bake Quisces, Peares
and Wardens.

THEN and pare & coare them, then make your paste with faire water, and butter and the yolke of an egge, then set your Dishes into the paste, and then bake it well, fill your paste almost full with synamop, Gingers and Mazer. Also Apples must be taken after the same sorte, saving that whereas the core should bee cut out they must be filled with Butter every one, the hardest Apples are best, and likewise are Peares and Wardens, and none of them all but the Wardens may be perboyled, and the Ouen must bee of a temperate heate, two houres to stande is enough.

To make a Tarte of Spinadge.

THIS Spinadge and scithe it strake and all, & when it is tenderly sodden, take it off, and let it drayne in a Cullender, and then Twing it in a clothe, and stamp it and drayne it with two or three yolkes of egges, and then set it on a chalenghille of coales, and season it with butter and Mazer, and when the paste is hardened in the Ouen put in this Comode, strake it even.

To

To make blame mangal.

Take all the braine of a capon and stamp it in a morter fine, and blanched Almonds, and sometimes put to them Rose-water, and season it with powder of Cloves, mon-ginger, and suger, and so serue it.

To make a Tarte of an eare
of Veale.

Take two pound of great Mayfins, and wash them cleane, and picke them: and take out the stones of them, and take two Bidnesis of Teals, and a piece of the leggs which is leane, and boyle them altogether in a pot with the braine of the brach of matton, and boyle it, and let it boyle the space of one houre, then take it uppe and choppe it fine, and temper it with crummes of bread finely grated, and take nine yolkes of egges, and temper them altogether, and season them with mon-ginger, suger, and small Mayfins, great Mayfins minced, Dates and Saffron, Then take fine floure and water, and thicke yolkes of Egges, Butter and saffron, and make them like a round Tart, close with a couer of the same paste, and set him in the Ouen, and let hym stand one houre, then take hym forth, and endore it with Butter and

and cast on powder of Synamon-ginger, and
sugre, and so sevre it.

To make a Tarte of Straw-
berries.

Take Strawberries, and wash them in
claret Wine, thicks and temper them
with Rosewater, and season them with S-
ynamon, suger and ginger, and spread it on
the Tarte, and enboze the sides with butter
and cast on Augst and Biskettes, and sevre
them so.

To make a close Tarte of Cherries.

Take out the stones, and lay them as
whole as you can in a Charger, and
put Mustard, Synamon, and Gingre into
them, and laye them in a Tarte whole, and
close them, and let them stande thre quarters
of an houre in the Ouen, then take a
scrope of Muscadine, and Damaske water
and suger and sevre it.

To make a close Tarte of greene Pease.

Take halfe a pecke of greene Pease, shale
them and seeth them, and cast them into
a callender, & let the water gos from them,
then put them into the Tarte whole, & seve
them with Pepper, saffron and salts, and a
dewe of sweete butter, close and bak him, al-
most ons houre, then draine him, and put to
him

Him a little Vergice, and make them and set them into the Ouen againe, and so se. next.

To make a Tarte of Damsons.

Take Damsons, & seeth them in wine, & straine them with a little Creame, then boyle your foffe ouer the fire full it be thicke, put therre oþ suger, synamon and ginger, but let it not myn the oven after, but let your paste be bakid before.

To make a florentine.

Take the kidneys of a loyn of beale, that is roastes, and when it is cold, shredde it fine, and grate as it were halfe a Manchet verie fine, and take eight volkes of Egges and a handfull of Currans, and eight dates fynly shred, a litle synamon a litle gingere, a litle suger, and a litle salt, & mingle them with the kidneys, then take a handfull of fine flower and two volkes of egges, and as much butter as two Egges, and put into your flower, then take a litle seething slicoþ, and make your paste, and draw it aþ broad very thinne, then strake your dish with a litle batter, and lay your paste in a dish, & fill it with your meate, then drawg an other sheete of paste, thinne and couer it withall cut it handisomely upon the top, and by the sides, and then put it into the Ouen, and

and when it is halfe baked, draw it out, and take two or three feathers, and a little Rosewater, and wette all the couer with it, and haue a handfull of suger finely beaten, and strew upon it, and see that the Rosewater wet in every place, and so set it in the oven againe, and that will make a sayre iss vpon it, if your Ouen be not hotte enough to reare up your iss, then put a little fire in the ouens mouth.

To make Almond Butter, after the
best and newest fashion.

Take a pound of Almonds or more, and blanch them in colde water, or in warm, as you may haue leystare: after the blanchinge let them lie one houre in colde water, then stamp them in faire colde water as fine as you can, then put your almondes in a cloth, and gather your cloath round vp in your hands, and preesse out the swycs as much as you can, if you thinke they be not small enough, beate them againe, and so get out milke so long as you can, then set it ouer the fire, and when it is ready to seeth, put in a good quantitie of salt, and Rosewater that will turne it, after that is in, let it boyle one boyling, then take it from the fire and cast it abroade vpon a linnen cloth,

and vnderneath the Cloath scrapes of the
Whey, so long as it will runne, then put
the butter together into the middest of the
cloth, binning the cloath together, and let it
hang so long as it will drop, then take pec-
ces of Suger so much as you thinke will
make it sweete, and put thes into a little rose-
water, so much as will melte the Suger,
and so much fine powder of saffron as you
thinke will colour it, then let both your su-
ger and saffron steepe together in the little
quantity of Rosewater, and with that sea-
son vp your butter when you will make it.

To make Oyster Chewets.

Take a pecke of Oysters, and washe them
cleane, then sheale them and wash them
faire in a Cullender, and when they be so-
den, straine the water from them, and chop
them as small as Pie meate, then season the
with pepper, halfe a pennyworth of cloves,
and Mace, halfe a pennyworth of Dyna-
mon and ginger, and a pennyworth of Su-
ger, a little saffron and salt, then take a hand-
full of small raisins, smal dates minced smal-
ly and twigle them altogether, then make
your paste with one pennyworth of fine
flouer, tenne yolkes of Egges, a halfe pen-
nyworth

myndeth of Butter, with a little saffron and boylng water, then taile vp your cheuels and put in the bottome of every one of them a littill Butter, and so fill them with your fruffe, then cast Prunes, Dates, and small Mayuns vpon them and being closed, bakes them. let not your Duen bee too hotte, for they will haue but littill baking, then draw them, and put into every one of them two spoonesfull of vergice and butter, and so serue them i[n]t.

To make a Tarte of Medlers

Take medlers that be rotten and stampe them, then set them on a Chafingdolle and coales, and beate in two yolkes of Egges, boylng it till it bee somewhat thick, then season them with suger, Niamon and ginger, and lay it in paste.

To make a Quinces moyse, or
Wardens moyse.

YDu must roste your Wardens or quinces, and when they be rostred, pull them, and straine them together, and put in Suger, Niamon and Ginger, and put it i[n] a plate, and then smooth it with a knife, and escape a littill suger on the top, and nicke little with a knife.

To make an other pretie dish with fletes
and the iuyce of two or three
Orengeſ.

Staine them into a diſh, and ſo make
Chambers of palle upon a ſtiche, put the
ſtiches upon a loafe of bread, and ſo drinke the
in the Durn. and then clarifie a little butter
and ſtrye them in it, and laye them in a diſh,
and ſetue ſuger on them.

To make Hippocras.

Take a gallon of White wīne, ſuger two
pound, of synamon ij v. ginger y v. long
Pepper y v. Mace y v. not bruised, Cynamone
y v. Galungall. i v. c. b. Cloues not bruised,
you muſt bruife every kinde of ſpice a little &
put them in an earthen pot all a day, & then
gaff them through your bags two times, or
more as you ſee cauſe, and ſo drinke it.

To make Marmelet of Quinces.

Take very good Quinges and pare them
and cut them in quarters, then coare
them cleane, and take heed it be not a ſtony
Quince, and when you haue pared and coa-
red them, then take two pintes of running
water, and put it into a brasse pan, caſting
away eight ſpoonefulls of one of the pintes,
then weigh threſ pound of fine ſuger, & beats

it, and put it into the water. make your fire where you may haue good light, not in a chimney: then set on your pan vpon a fire, and when your sugar and water beginneth to boyle, you must skimme it cleane; then put in sixe spoonfuls of rosewater, and if there arise any more skumme, take it off, and so put in your thre pounds of Quinces and so let them boile but softly, and if you see the colour warre somewhat deepe, nowe stirre with a faire slice bee breaking of them, and when your liquor is well consumed away, and the colour of your quinces to growe fatter, then be still stirring of it, and when it is enough, you shall see it rise from the bottom of your pan in stirring of it, and so boare it, & yee shall haue it to be good marmelat, and a very orient colour: if you will, you may put some muske into it, some rosewater, and rub your boare withall, it will give a perty sent, and it is a very good way.

To make a sirrope of Quinces to
comfort the stomacke.

Take a great pint of the iuyce of quinces, a pound of sugar, and a good halfe pint of vineger, of ginger, the weight of 5. groates, of synamon, the weight of sixe groates, of pepper, the weight of thre groates.

To make Marmelet of Quinces.

Take vevie good Quinces, and pare them
cut them in quarters, then core them
clean, and take heed it be not a stony quince,
and when you haue pared and cored them,
then take two pintes of running water, and
put it into a brasse pot, casting awaye eight
spoonfulls of one of the pintes, the waight
of foure pound of fine suger, & beats it & put
it into the water, make your fire where you
may haue good light, and not in the chimney
then set ouer your pan vpon a Treuet, and
when your suger and water beginneth to
boyle, you must straine it cleane, then put in
sixe spoonfulls of Rosewater, and if there rise
any moze skumme, take it off, and put your
marmelet into boxes.

To make condomacke of quinces.

Take fve quartes of running water, and
a quart of stench wine, put the together,
then take Quinces and pare them, and cutte
them till you come at the cores, then weigh
ten pound of the quinces, and put them into
your pan of water and wine, and boyle them
over a quicke fire, till they bee tender, kee-
ping your panne very close covered, then
take a peece of fine canvas & put your quin-
ces and liquor in it, and whyn your sirrope

is all run through, put in so much fine Suger as will make it sweete, and set it ouer a fyre againe, stirring with a sticke till it be so thicke, that a drop will stand vpon a dish, then take it from the fyre, and put it in boxes.

To make cast Creame.

Take milke as it commeth from the cow, a quart or lesse, and put thereto rawe yolkes of egges : temper the milke, and the egges together, then set the same vpon a chafingdishe, and stirre it that it curd not, and so put suger in it, and it will bee like Creams of Almonches, when it is boyled thicke enough, cast a little suger on it, and sprinkle Rosewater thereupon, and so serue it.

To make good Resbones.

Take a quart of fine flower, lay it vpon a faire boarde, and make a hole in the middest of the flower with your hand, and put a spoonfull of Ale yeast thereon, and ten yolkes of Egges, & two spoonfuls of cinnamon and one of ginger, and one of cloves and Mace, and a quarteone of suger stily beaten, and a little saffron and halfe a spoonfull of salt, then take a dish full of Butter, melle it, and put into your flower, and

therewithall make your pastre, as it were so
manchet, and moule it a good while, & cut
it in pieces of the bignesse of Ducks egges,
and so moule every pece as a manchet, and
make them after the fashion of an inckhorns
broad abone and narrow beneath. Then set
them in the Ouen, and let them bake thre
quarters of an houre. Then take two dishes
of butter, and clarifie it vpon a soft fire, then
draw it out of the ouen, and scrape the bot
tome of them faire and cleane, and cut them
ouerthwart in four pieces, and put them
in a faire charger, and put your clarified
butter vpon them, and hane synamion and
ginger ready by you, and suger beaten ver
y small, and mingle al together, and ever
as you set your peeces together, cast some of
your suger synamion and ginger vpon them,
when you hane set them all vp, lay them in
a faire plater & put a little butter vpon them
& cast a little suger on them, & so serue them.

To make a vaune.

Take Marie of Beefe as much as you
can holde in both your handes, cut it as
bigge as great Dice, then take dates and
cut them as bigge as small Dice, then
take sorte prunes, and cutte the frutes
from the stones, then take halfe a handfull
of

of small raisons. wash them cleane and
picke them, and put your matie in a fayre
platter and your Dates, Prunes and small
raisins, then take twentis yolkes of egges.
and put in your Stuffe before rehearsed, then
take a quarterne of Sugre or more, and
beate it small, and put in your macrow, then
take two spoonfulls of Dynamon and a
spoonfull of Ginger, and put them to your
Stuffe and mingle them altogether, then take
eight yolkes of egges, and fourtyspoonfulls
of Rose water straine them and put a little
Sugre in it, then take a faire frying panne
and put in a little peece of Butter in it, as
much as a walnut & set it vpon a good fire,
and when it looketh almost blacke, put it
out of your panne, and as fast as ye can,
put halfe of your Egges in the midle of
your panne, and stie it yellowe, and when
it is fried, put it into a faire dish, and put
your Stuffe therein, and spread it on the bot-
tome of your dish, and then make another
baunt enen as ye made the other, and set it
vpon a faire boord, cut it in prettie peeces, of
the length of your will finger, as long as
your baunt is, and laye it vpon your Stuffe
after the fashion of a little Windows, and
then cutte off the endes of them, as much

as lyeth without the inward compasse of the
dylle, then set the dylle within the Duen, as
in a baking panne, and let it bake with leyu-
sure, and when it is baked enough, the mar-
rowe will come faire out of the vauant to the
bymme of the dylle, then drawe it out, and
cast a little suger on it, and so serue it in.

To preserue Quinces whole.

Take a pottle of fairs water, and put it
into a cleane panne, and beake iii. pound
offine suger, and put into it, then set it on the
fire, and when you haue skimmed it, put
in twelue spoonfulls of Rosewater, then
take x. faire Quinces and pare them, and
coze them cleane, then put them into your
sirrope, and so couer them very close, for the
space of two houres with a fayre platter,
and let them boyle a good paece: at the two
houres end vncouer them, and looke whe-
ther you finde them tender, and that they
haue a faire crimson colour, then take them
up, and lay them vpon a faire platter, cou-
ering your sirrope againe. And let it seeth
while it be somewhat thicke, then put your
Quinces into your sirrope againe, and so
haue a faire gallie pot, and put in both your
sirrope and quinces as fast as you can, and
couer

cover your pottes close, that the heate goo not
forth, you must not put them in a glasse, for
it will breake,

To Preserve Pearre Plummes.

First take two pound and a halfe of fine
Sugar, and beate it small, and put it in
to a prettie brasse potte with sr. spoonfulls
of rosetwater, and when it boyleth, skimme
it cleane, then take it off the fire, and let it
stand while it be almost cold, then take two
pound of Peare plummes, and wipe them
vpon a faire cloath, and put them into your
sircope when it is almost colde, and so settis
them vpon the fire againe, and let them
boyle as softly as you can: when they are
boyled enough, the kernells will be yellowe,
then take them vp, but let your sircope boyle
full it be thicke, then put your plummes vpon
the fire againe, and let them boyle a
walme or two, so take them from the fire,
and let them stand in the vessell all night,
and in the moring put them into your pot
or glasse, and couert them close.

To preserve Orenge.

Clyse out the fairest, and the heaviest,
that is full of liquore, and cut them full
of little specks, then make a littel round hole
in the stalke of the Orenge, and breake the
Orenge

Stringes of the meat of the Drenches, & clost
the meat to the sides of your Drenches with
your finger, then will parte of the iuyce and
kernels come out, and laye them in Water
three dayes and thre nightes, then take them
out, and set a pan with water over the fire,
and when it seethes, put in your Drenches:
let them not seethe too fast, then you must
have another panne with water ready set-
ting, to shifte your Drenches out of the other
water when they haue sodden a litte while,
and so haue one panne after another, to shifte
them still vpon the fire. v. e; vi. times to
take away the bitterness of the Drenches
and you must kepe them as whole as you
can in the boyling, and then take them vp
one by one, & lay them vp on a platter, the hole
downward, that the water may runne the
clearer out of them, then let them stand so
vntill you haue boyled your Escoppe, take
to every two Drenches a pinte of water, & a
pound of suger, let your suger be finely bea-
ten before you put it into your liquo; & look
that the kettle you boyle them in, be sweete
brasse, then take v. whites of egges and put
them into your kettle with your liquo; and
suger, and beats your whites of Egges, and
the

of Cookery.

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the liquors together, a good quarter of an hour, then set your liquor upon a soft fire of coales, and let it scithe so soone as you can having a faire Skimmer, and a Cullender ready, and set your Cullender in a faire Wasson, and as your whites of Egges rieth in skumme, take them vp with your skimmer and put them in your Cullender, and you shall have a great quantitie of scruppe comys from your skumme, through your Cullen-der into your bason, and that you must save and put it into your Kettle againe, and when your great skumme is off, there will arise still some skumme, which you must take off with a skimmer, as cleans as you can, and when your scruppe hath sodden a pretty while, then put in your Drenges, and let them boyle so long, till you think they be enough, & the scruppe must be somewhat thick, then let your Drenges stand all night vpon the fire, but there must bee nothing but im- biers. And in the morning take them vp and put them in glasses or gallie potz.

To Preserve Cherries.

TO every pound of cherries take a pound
of suger, that done, take a few cherries,
and distaine them to make your scruppe,
and to everye pound, a pound of suger, and
cherries

cherries, take a quarter of a pound of sstrope, and this done, take your suger, and set it on the fire, then put your cherries into your sstrope, and let them boyle fve severall times, and after every boylng skum them with the backside of a spoon.

To preserue Gooseberies.

TAKE to every pound of Gooseberies, one pound of Suger, then take some of the Gooseberies and distainē them, then takes the sstrope, and to every pound of Gooseberies, take halfe a pound of sstrope, then set the Suger and sstrope over the fire, and put in the Gooseberies, and boyle them foure severall times, and skumme them cleane.

To make Apple moyse.

ROSTE your apples, and when they bee rosted, pill them and straine them into a dish, and paire a dozen of Apples, and cut them into a chaser, and put in a little white Wine and a little Butter, and let them boile till they be as soft as Pap, and straine them to some Wardens rosted and pilled, and put in Suger, Myrram and Ginger, and make Diamondes of Paste, and lay them in the Sunne, then strays a little Suger vpon them in the dish.

of Cookery.

A powder peerelisse for
Woundes.

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THIS Dypment and Werdigrees, of each
an ounce : of Wictiall burnes till it be red,
two ounces bray each of them byt selfe in a
Wasen morter as small as flower, then
mingle them altogether, that they appears
all as one, and keeps it in Bagges of lea-
ther well bound, so it will last seauen yeares
with one vertus, and it is called pouder pinc-
les, it hath no partes so; working in Chirur-
gerie, so put this pouder in a wounde
whereas is dead flesh, and lay scrapt Lint
about it, and a plaister of Duflosius next
underneath written, and it ys. The rest
wanteth.

A medicine for the Megrime, Im-
pumme of the Rewme, or other disea-
ses in the head.

THIS Pelliory of Spaine, the weight
of a groate, halfe so much Spagall.
beate these in powder, take the fappes of
Isops, of Rosemary with the flowers, thys
aounce leaves of sage, in the whole of these
herbes one small handfull, boyle all these
herbes with the splices in halfe a pinte of
White Wine, and halfe a pinte of Vinegar
of Roies, untill one halfe of the liquor bee
con-

consumed, then straine smooth the herbes and set the liquore to coole, and being cold put thereto three spoonesfull of good Musard, and so much honey as will take away the tartenes of the medicin, and when the patient feeleth any payne in his head, take a spoonesfull thereof, and put it into his mouth, and holde it a prettie while gargarling, and then spitte it forth into a vessel, and so use to take ten spoonesfulls at one time in the morning fasting, using this three daies together, when they feele them selves troubled with the Rheume : at the fall and spring of the yeare is best taking thereof, and by the grace of God they shall finde ease.

You must keepe this same medicine very close in a glasse, whose goodness will last ten dayes, and when you take it, warm it as milke from the Cowe.

A Copie of Doctor Steuens
water.

Take a gallon of Gascoigne Wine, then take Ginger, Galengale, Camamile, Synamon. Saines. Cloues. Nacs. anny-seedes, Fennell seedes, Catalaway seedes, of euery of them one Djamme, that is two pence

ponce halfe penny waight, then take suger,
minced red Rose, Lime, Pellitory of the
wall, wilde Marigorum, Penny spall, Peng
mountaine, wilde time, Lauender, anens,
of every of them one handfull, then beat the
spice small, and bruse the heaches, and put all
to the wane, and let it stand twelve houres,
stirring of it diuers times, then stille it in a
Rumbecks, and kepe the first pinte of water
by it selfe, so it is best, then will come a second
water, which is not so good as the first. The
virtue of this water is this: It comforteth
the spirites, and preserueth greatly the youth
of man, and helpeth inward diseases com-
ming of colde: against the shaking of the pal-
lie, it cureth the contraction of the sinewes,
and helpeth the conception of women, it kill-
leth the wormes in the belly, it helpeth the
tooth-ache, it helpeith the colde Colles, it
comforteth the stomacks, it cureth the colde
Dropes, it helpeth the stone in the bladder,
and the raines of the backe it cureth the can-
ker, it helpeth shottly a flinking breath. And
who so drincketh this water, now and then, and
not too often, it perfermeth him in greeaking,
and shall make him liue yong very long.

Approved pointes
A medicine for all manner
of Sores.

Take uniwrought Ware, Carpenterine,
Oyle Duffe, Sheepes Tallowe, or Waxes
Hewet, a quantite of eury of them, and
then take a quantitie of the iuce of Hugel,
the iuge of smallage, a quantitie of Ros-
sen, and boyle them altogether vpon a
soft fire, stirring them alwayes, till they be
well mingled, and that the greennes of the
iuge be couer, and then straine it through
a faire cloath into a cleane vessell, and this
shall heale Wounds or Sores, whatsoever
it be.

Another for all sores.

Take a quartet of a pound of Pitch, as
much of Ware, as much of Rosson, as
much of Capons grease, or other soft grease,
and put them in a panne, and seeth them all-
together, till they be melted, and then straine
them through a faire cloath, and make a
plaster, to laye to the place greeued,

To defend Humors.

Take beanes, the rinde of the upper skin
being pulled of, and boyle them & mingle
them with the white of an eare, and make
it thicke to the Temples, it keepeth backe
Humors flowing to the eyss.

To

To make Rosemary water.

Take the Rosemary, and the flowers in
the middest of May, before sunnes arise,
and scippe the leaves and the flowers from
the stike, take fowre oʒ fine Alliancans
rootes, and a handfull oʒ fayre Sage, then
beate the Rosemarye, the Sage, and rootes
together, till they bee very small, and take
thre ounces of Cloues, thre ounces of mace
thre ounces of Nuttles, halfe a pound of
niseedcs, and beate these splices every one
by it selfe. Then take all the hearbes and
the Splices, and put thereto fowre oʒ fine
gallons of good white wine, then put in
all these hearbes and Splices, and wine,
into an earthen pot, and put the same pot
in the ground the space of sixtent dayes,
then take it vp, and kill it in a stylle with a
very soft fire.

To make Bisket bread.

First take halfe a Pecke of fine Whife
flouer, also eight new laide Egges, the
whites and Yolkes beaten together, then
put the said Egges into the flouer, then
take eight granes of fine Pace, and
Walpe it in a morter, then put halfe a pint
of good Damask water, or else Rosewater
into the Pace, and mingle it together,

Approved poyntes
and put it into wine as muscadine, but mus-
cadine is better, and put it into the floure,
also one ounce of god amissedes cleane pic-
ked, and put thereto, and so to wokhe them
altogether into a Paste, as ye do breade, and
then make your biskets into what fashion
you thinkes best, and then put them into an
oven, and bake them hard if you will keepe
them long, or else but indifferent: If you will
have it canbite, take roselwater and suger,
and boy'e them together, till they be thicke,
and so slices of bread, then set hot in the oven
untill the same be canbit.

Certaine approued pointes of Husban-
dry, verie necessarie for all Hus-
bandmen to know. First
of Oxen.

The **o**kens whereby an Oxe is knowne to
bee good and toward for the wokhe, are
these: ready and quicke at the yrons, her mo-
ueth quickly, her is shooft and large, great
earcs, the hoynes lively and of meane big-
nes and black, the head shooft, the breast large
a great panche, the tayle long, touching the
ground, with a tuffe at the end, the haire cur-
led, the backs straight, the raines large, the
legges

legges strong and sturye, the heefis sherte,
and large. the best colour is blache and red,
and next unto that the baye and yred, the
white is the wrost, the gray and the fallowe
or yellowe is of the leſſe baine. The charge
of one that keepeth them, is chiefly to bis
them gentilie, to fecus them with meate and
good litter, to rub or hembe them at night,
to ſet them ouer in the morning, washing
ſometimes their tayles with warme water,
also to keepe their stable cleane, and that the
poultris or hogges come not in, for the fea-
thers may kill the Oren, and the dung of
ſick hogges breedeth the murrain.

Item bee muſt knowe diſcrectly when
Oren haue laboured enough, and when but
little, and according to that they are to be
fed.

Item that he workes them not in a time
too culde or too wet.

Item, that he ſuffer them not to drinke
preſently after a great labour, and that he tie
not them up forthwith, but till they be a little
callethe abouid.

The Oren defeceth cleare or runnynge in-
fer, like as the horse defeceth the pulces or
ſtrewed water.

34 Approved pointes

Item that at their comming home, haue
alwayes overlooks them, whether there bee
any Thornes in their feete, or if the yoke
hauis ganied them.

In Fraunce they gelde all their Bul-
calnes about the age of two yeares, and that
at the fall of the lease.

The day when they are to bee cut, they
must not drinke, and must eate but little.
They suddenly clippes the sinnewes of the
Kenes with a pair of tonges, and so cutte
out the Kenes in such sorte, as they leane be-
hind the end that is tyed unto the sinnewes
so the Calfe or Bullocke shall not bleed
excessiue, nor shall leese all his virility and
courage.

At the age of ten mouthes the Bullocke
changeth his foreteeth, and at sixt Monthes
after they scall the next teeth, and at the
ende of three yeares he changeth all his
teeth.

Note when an Oxe is at bell. his teeth
are squall, whit and long, and when he is
sick, the teeth be unequall and blacke.

If an Oxe haue the lalke, which often
times is with blood, and maketh him very
weake, they keepe him from drinke four or
five dayes. they giue him Walnuttis and
hard

hard Cheese tempered in chiche wine, and
for the uttermost remeis, they let him blise
in the middest of the foyhead.

To make him lose bellied, they gine him
two ounces of aloes, made in powder with
warme water.

An Orepillett blood of beeing too much
chafed, or of eating ill hearbes, or flowers
they keepe him from drinke, and drench him
with Treacle in two pintes of wine or ale,
putting thereto saffron.

For the Cough they leath 3sops in his
drinke.

If for the biting of an Adder, or benethous
dogge, theyoint the place with Oyle of
Scorpion.

If he be lame of colde in his feete, they
wash him with olde wine warmed.

If he be lame of the abundance of blinde
fallen downe into the pasternes and hoofs,
they dissolve it by robbing and launcing.

Item the better to keepe their Oxen in
health, whether they bes to be leboured, or to
be fatted, they wash his mouth eight dayes
with wine, and there is taken away much
Greame, which taketh from an Ox his taste
and stomache.

If the Greame haue made him lame the
S^t 4 minces,

Approved poyntes
murre, which is knowne by the watering of
the eye, they wash his mouth with time and
white wine, or rub it with water and salt.

Of Horses.

Tokens of a good Colte, the head little
and leane, the eare straight, the eies
greate, the nostrels wide, the necke little to-
wardes the head, the backe short and large,
close bellied, the cullions or stones equall,
and small, the tayl long, stufed with hayre,
thicke and curled, the legges equall, high and
straight, the hōse blacke, haire and hiz, he
should be quicke and pleasant.

The age of Horses is knowne partly by
the hōse, and principally by the teeth. When
the hōse is two yeares and a halfe, the mid-
vis teeth aboue and beneath doe fall.

When he is fourteye olde, the dogge
teeth fall, and others come in their places, be-
fore he be sixteyne olde, the great teeth aboue
do fall, and the first yere the first that fel
come againe, the seventh yeare all is full, and
they be all shut.

Of Sheepe.

Certaine daynes before the Rammes bee
put to the Woles, they drench them
with salt water, therby the woles will
take

take the better, and the Rammes (they say)
ware more full of appetite.

To haue many male Lambes, they chuse a
drye time, the winds at North, letting the
yowles goe in pasture that lieth open against
the Northernne winde, and then put in the
Rammes.

To haue many female Lambes, they con-
trariwise obserue the South winde.

When a yowle is with lambe, if she haue
a blacke tongue (they say) the lambe will be
blacke, and if the tongue be white, the lambe
likewise will be white.

Tokens of a good sheep : a great boodie,
the necke long, the wooll deepe, soft and fine,
the bellie great and couered with wooll, the
tets great, great eyes, long legges, and long
tailes.

Tokens of a good Ram, the body high
and long, a great bellie couered with wooll,
a fleecy thicke, the forehead broad, eies black,
with much wooll about them, great ears
couered with wooll, great bones, well han-
ned, but the moore wrinkled the better, the
tongue and pallet of the mouth all white,
to the ends that the Lambes may haue all
white.

The Hogge of himselfe though filthy yet they say hee prospereth the best, if hee lodge in a cleane stie, and euerie moneth his Eye shoulde be cast ouer with fresh gransel, or sand, to make his lying fresh, and to dyp up the pisse and filth.

They geldis their pigges when they are a yeaire olde or fift monthes at the least, for they ware much gretter if they be gelded at the said age.

They chuse them Bores that haue the head shor� and large, the brest large, coloure blacke or white, the feet shor�, the legs great, and they that haue strongest haire on the top of their backe.

These are to bee kept for sowes which haue longest, with hanging bellies, greates Testes, deepe ribbed, a littell head, and short legges.

Hogges be sicke when they rubbe much their ears, or escabme their meate, but if none of these signes appeare, they plucke off one of his haires on the backe, if he be cleane and white at the roote, he is well, if he be blouȝ or soule, he is sickes.

They will haue their Hogges either all white, or all blacke, and in any wise not speckled

speckled or of two colours.

They resayne from dunging their land while the moone increaseth, so that they note moe abundance of weedes to come thereby.

Touching the sowing of Beanes, they obserue this. At the fall of the Lease, in strong land, they sow the great Beanes. At spring time in weake and round ground they sow the common small beane, and both sorte at the full of the moone, that they may be the better codded.

They use to ent them at the new of the Moone before day.

Their flax as soone as they haue gathered it, they set it vnder a house or howel, and suffer it not to take raine or dew as we do.

To make Chese yellow, they put in a little saffron.

To kepe Apples, they lay them on straws strewed, the ey of the apple downwards, and not the stemme.

And when they would haue any grete store, well and long kepte from perishing they gather and choose the soundest, heauiest and fayrest, being not ouer riped, they provide a Houghed, fat, or great hutch, they

90 Approued poynctes.

they bring the Apples wher it shall stand,
then they lay a lane of strawe, and upon the
same a lane of Apples, and then straw again,
and apples likewise, butill the vessell be full
to the brimme, shutting it close with the head
or cover, that no ayre come in.

To cure the maladie of trees that bears
worme-eaten fruit, which commeth of much
wet or a moist seasō, at that tyme they pierce
the tree through with an Auger, as neare
the roote as they may, to the end that the hu-
mors whereof the wormes do breed, may distil
out of the tree.

If trees through oldnes or otherwise, leave
bearing offynges usually, they use not to lop
them, but onely cut away the head boughes,
they unroot the rootes after all saintes tide,
and cleane the greatest of the rootes, putting
into the chilles shiners of flintes, or hard
stones, letting them there remain, to the end
that the humors of the earth may enter and
ascend into the tree: after about the end of
winter, they couer againe the rootes with
drie grounde: if they haue any dead car-
tions they buris them about the rootes of
such trees.

An excellent drinke for the Tisick
well approued.

Take a handfull of fennell roots, as much parsely rootes, as many alisander rootes, halfe a handfull of Woxage rootes, and putt out the pith of the said rootes, then take halfe a handfull of peny riall, as much of bistort leaves, & as much of Cinkfoule, as much Muccoy. Ensuie. Hollyhooke leaves, Mallow leaves, and red garden mintes, of all these the like quantity, as of these next before halfe a handfull of Licozis sticks scraped, brased and beaten to fine powder, a gallon of faire running water, boyle therein all these simples, and boile these sticks with them, that is thre sponeful of anniseedes, as much fennell seede, the like of Coliander seede, and comyn seede, a good handfull of Mandellian roote and so boyle altogether from a gallon to a pottle, and let the patient drinke thereof first and last, and it will helpe him in shott space.
probatum est.

To make water imperiall for all wounds
and Cankers.

Take a handfull of rose drags leaves, a handfull of Scolopendres, as much of Woodbine leaves, take a gallon of Combust water

water and put the hearebes in it, and let them boyle in a pottle, and then straine the hearebes through a strainer, and take the liquor; and set it ouer the fire agayne, take a Pintc of English Honey, a good handfull of Roch Sillem, as much of white Copperas, Lime beaten, a penny loothe of graines b;used, and let them boyle altogether, th:ee o: fourt howmures, and then let the shumme bee taken off with a feather, and when it is colde put it in an earthen potte o: bottle, so as it may be kept close, and so: a grafe wounde, take of the thinnest, and so: an olde wounde of the thickest, coner the soze rather with Meale o: Sutton, skimme them with docke leanes, when that you haue dressed them with this water.

To make water imperiall an
other way.

Take a handfull of Dragon. of Scabious, of Endive, a handfull of Impemelli, a handfull of Womewood. of Kew. of Camille of cowslops. of maydenhaire. of cinqufoyle. of Fetherfoye. of dasie leaves. of Dandelion. of Lune of Walme, of each of these hearebes a handfull, of Streake a pound, of Bole armoniacke fourt ounces. and when you haue all these hearebes together, you muſt

must take and spread them a little, not too small, then take the ~~Leek~~ Leek, and the ~~Wole~~ Whole armontacke, and mingle them and the peaches together, then put them in a still, cover and kill them, & fier.

To make Sinamon water.

Take Kennish wine a quart, or Spanish wine a pint, rosewater a pint and a halfe, Sⁱnamon bruised a pound and a halfe, let these stand infused the space of fourt and twenty hours, then distill it, and being close stopped and luted, then with a soft fire distill the same softly in a Limbecke of glasse and receive the first water by it selfe.

Also if ye be so disposed to make the same water weaker, take three pints of Rosewater, and a pinte and a halfe of Kennish wine, and so distill the same, and you shall haue to the qualitie of stiffe, the quantity of the wa^tter, which is thre pinta, but the first is best and so reserve it to your use, both morning and evening.

To make Sinamon water

an other way.

Take thre quarters of ~~g~~ grahamme, and a pound of Sⁱnamon, and halfe a pinte of good Rosewater, and so let them lye infus^ed the space of fourt and twenty hours,

and distill it as aforesaid, & you shall receive
to the quantitie as to the qualitie, but the
first pinte is the best and the chyrstall of all
the other, as is manifest by practise.

To make Aqua compota for
a surfeit.

Take Rosemary, fennell, Baysops, time,
Sage, Worehound, of each of these a
handfull. Penny ciall. red mints. Margeret.
of each five creps, a root of Enula Campana.
of Licoris, Aniseedes brused, of each two
ounces, put all these to thre gallons of migh-
tis strong Ale, and put it into a brasse pot o-
ver an easie fire, and set the limbeck upon it,
and stop it close with bole or paste, that no
ayre do go out, and so keape it stilling with a
soft fire, and so pacierne it to your vse, as
meane requiredeth.

To make the water of Life.

Take Balme leaves and stalkes, Burnet
leaves and floweres, a handfull of Rose-
marie, Turmentill leaves and rootes, Rosa-
solis a handfull, red roses a handfull, Cam-
panions a handfull, Istop a handfull, a hand-
full of Lime, red strings that growe upon
Quince a handfull, red fennell leaves and
rootes a handfull, red spintes a handfull,
put all these þeachees into a pot of sixty gil-
les

sed, and put thereto as much white wort as
will couer the herbes, and let them souke
therein eight or nine dayes, then take an
ounce of Dynamon, as much of Ginger, as
much of Nutmegs, Cloues and Mace, a
little quantitie, of Annysseedes a pound,
great Raspins a pound, of Micer a pound,
halfe a pound of Dates, the hinder part of
an olde Comp, a good farris running Ca-
pon, the flesh and sinewes of a legge of in-
ton, foute yong Piggies, & a dozen of Letches,
the yolkes of tweyne egges a loafe of white
bread cutte in sippetts, Muscadell or Wa-
terd thre gallons, or as much in quantitie
as suffiseth to distill all these together at once
in a Limbecke and thereto put of Me-
thylatum two or three ounces, or else
with as much of perfit Treacle, and distill
it with a moderate fire, and keepe the first
water byt selfe, and the second water al-
lone also, & when therre cometh no more wa-
ter with stirrings, take away the limbecke and
put into the potte moche wine upon the same
stooles, and mylt againe, and you shall haue
an other good water, and shall so remaine
good. In the firstinge dience of this wa-
ter, you must haue a double glasse warly,
for it is celopatine of all principall mem-
bers,

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ber, and defendeth against all pestilentiall
diseases, as against the Pauisie, Diapyle,
Splerne, Yollowe or blacke Jaundice, so
woozes in the bellye, and soz all agues be
they hot or cold, and all manner of swellings
and pestilentiall sorowes in man, as me-
lancholy, and Spleenitike, and it strengtheneth
and comforteth all the spirits and strings of
the body as the heart, the wiste, the liver,
and the stomache, by taking thereof two
shooes spoonfuls at one time by it selfe, or
with ale, Wine, or Beere, and by putting a
puikye quantite of suger therein, also it
helpeth digestion, and doth breake Winde,
and stoppeth lake, and bindeth not, and it
mightyly helpeth and easeth paine of the
man of the paine of the heart burning, and
so to quicken the memory of man, and take
of this water three spoonfuls aday, one in the
mooring and another after he goeth to din-
ner, and the third late at night.

To make a good plaster for the
Strangurie.

Take Wallrocks and violets, and Mer-
cury, the leaves of these hearkes, or the
seedes of them, also the rinde of the Elverne
tree, and also leyd thereto, of each of these
handfull, and beats them small, and saeth
them

them in water, till halfe be consumed, then boethers to a little oyle Oline, and all hot make thereof a plastrer, and laye it to the soze and raines, & also in the Summer then must make him a drinke in this manner: take wapfrage, and the leaues of Cideyne, fine leaved grass, and seethe them in a potte of stale Ale, till the halfe be walked, and then scaine it and keepe it cleane, and let the sickes drinke thereof first and last, and if you lacke these herbes because of Glinter, then take the rootes of Rens leaved grasse, and drye them, and make thereof powder, and then take Oyster shelles and burne them, and make powder of them, and mixinge them together, and so let the sickes drinke thereof in his Pottage and drinke, and it shall helpe him.

To make a powder for the stone
and Stranguillian.

The blacke Wjambis berries whilc they
be redde, Juyce berries, the inner pitch of
the Ashe beynes, the stones of the Egantines
Berries cloues, rubbed from the hayre,
Matte keynes, the rootes of Aphtopendula,
of all these a like quantite, Recorne box-
nallies, the stones of Wistwes, of each a like
quantite, drye all these on platters in an

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when full they will be beaten to powder, then
take Crounell seede. Mariske seede. All
faunder seede. calisander seede. pashly seede,
comin seede, fennell seede. admyre &c. of each of
these a like quantitie, as much as is before
written, and drye in like sorte, then beat all
these to fine powder, and take Lixous of
the best that you can get, faire scraped, as
much in quantitie as of all the other, abrate
it fine, and mingle it with the same powder &
so keepe it close that no wimde come at it,
using it first and last with posset drinke made
with white wine or ale, and when you eat
your porrage or other broth, put some in it
you be soore pained, & if you haue any stones,
it will come away by shivers, and if it do so
when you thinke that your water beginneth
to cleare agayne, take this drinke that fol-
loweth, and it will cleare your bladder, and
it will leue no corruption therin.

The drinke.

Take Colemary, with Cyme, and seeth
them in running waster, with as much
Suger as will make it sweete from a quart
to a pinte, use the quantitie of your hearbes
according to your discretion, so that it may
savour well of the hearbes, and so vsse it 9.
mornings. 6. or 7. spoonfulls at a tunc.

For

for sundry diseases.

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For shingles, a remèdie.

Take Dopes bark that is myggs, and of Barley meal heaped halfe a pound and stamp them well together, and to thereto halfe a pint of vineget and meddle them together, and so lay it to the soze calve, lye wall leaves therupon, and so let it lyethir dayes unremoued, and on the thirde day if neede require, lay thereto a new plastron of the same, and at the most he shall be whole with thre plasters.

For all manner of sinewes that
are shortened.

Take the head of a blacke shipe, cam-
mentill, Horzell leaves, Sage, of each a
handsfull, and boyle these herbs in a morter,
then boyle them all together in Water, till
they be well sodden, and let them stand till
that they be colde, then drawe it through a
strainer, and so vsse it.

A suffraigne ointement for shrunken
sinewes and aches.

Take eight Swallowes ready to syge out
of the nest, drise away the bresders whē
you take them out and let them not touch
the earth, stamp them untill the feathers
cannot be perceiued, put to it Lauender cot-
ton, of the stings of Strawberries, the tops
of

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of mother Wims, the tops of Rosemary, of
each a handfull, take all their weights of
Sway butter, and a quarte more, stampe
all the scthers that nothing can be perceiued
in a stone morter, then make it vpin bales,
and put it into an earthen potte for eight
dayes close stopped that no ayre take therw,
take it out, and on as soft firs as may bee
seeth it, so that it bo but smotter, then straine
it, and so reserve it to your vs.

For sinewes that be broken in two

Take Willomes whils they be knif, and
ooke that they departe not, and stampe
them, and lays it to the soze, and it will knite
the sinewes that be broken in two.

For to knitte sinewes that be broken.

Take Archangell, and cut it in small geb-
bets, and lay it to the soze, and take Will-
soyle and stampe it, and lay it about it hard
bound, and let it ly so three dayes, and at
three dayes end take it away, and wash it
with Wines, then make a new plas-
ter of the same, and at thys dayes ends
put thereto another, and doe nothing else
thereto.

Also take Veneryall and braye it, and put
salt enough to them, and temper it with
honey, and make a plaster thereof, and lay it
vpon

upon the sinewes that be stiffe, and it will
make them to stretch.

An oyle to stretch sinnewes that be
shrunke.

Take a quartre of Heates foote oyle, a
pint of Heates Gall, halfe a Pinte of
Molswater, as much Aqwa Vira, then put
all these together into a boasse panne, then
take a handfull of Lanender cotton, and as
much of Waylesanes, a good quantitie of
Rosemary, a good quantitie of Lanender
spike, of Strawberry leanes the stringes
and all, then take thare and bind them all
in severall bunches, and put them into the
panne of potte, and set them over the fire
upon cleare Coalcs, with the oyles altogether,
and so let them boyde a good whille,
and when it is boyded enough, it will boyde
but softly, then take it of the fire, and let it
stand till it be almost colde, then straine it
out into a wide mouthed Glass Bottell, or
ywpper potte, and stoppe it close, it will not
contayne in no wooden thing, and when
the sinewes bee shrunke, take of this being
wacued, and onoinete the place therewith,
and chalfe it well against the fles, and doe
this morning and euening, and keape the
place warme and you shall finde great ease.

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For gash blood.

Take Wole armoniaks, and Sarpent
time, and make a plaster, and lay it to,
and take the mose of the Hazel tree, and cast
it into the wound, and it will staunch forth-
with, and the longer that it is gathered the
better it is. Also take a good piece of Spar-
tiums beise out of the roote, and heate it
on the Coales, and as hot as ye may suffer
it lay it thereto: also take a perce of leane
salt Beise, and let the beise be of that great-
nesse that it may fill the wound, and lay it in
the fites in the hotte ashes, till it be hottes
through, and all hot thrust it in the wound,
and bunde it fast, and it shall staunch anon
the bleeding, when a waulter vaine is cut,
and if the wound be large.

For swelling that commeth suddenly
in mans limmes.

Take Partes tongue, Cherfoyle, and cut
them small, and then take Dregges of
ale and Welheate branne, and sheeps Gall-
lions moultie, and bo all in a potte, and seeth
them till that they be thicke, and then make
a plaster, and lay it to the swelling.

Also take faire water and salt, and stirre
therm well together, and there in wet a cloth,
and lay it to the swelling.

For

for sundry diseases.

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sligynge. For to make one slender.

Take fennell, and streynell in water, a
very good quantite, and boyle out
the iuyce thereof when it is soote, and drinke
it first and last, and it shall swage either him
or her.

A good ointment for scabs, and for
itching of the body.

Take four ounces of Oyle de baye, and
an ounce of frankensence, and two ounces
of whits wheye, and three ounces of swines
greace, and an ounce of Quicksilver, that
must be slacked with fassing spittle, an
ounce of great salt, as much of the one, as
of the other, and of all these make an oynt-
ment, and if the scabs or itch be upon all the
inbois body as well above the gronde as be-
neath, then when thou goest to bedde wash
both thy handes and thy feets with boylinge
water, and bathe them well therein by the
fires, and after drye them widd a cloth of li-
nnen, then take vp with thy fingers of that
oyntment, and dñe it in the palmes of thy
handes, and in the soles of thy feets, and rub
it well together that it may drinke in well &
if it do soke in well, thou must put gloves on
thy handes and socks on thy feets, and thus
dñe every night when thou doest goe to bed

and

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and if the scabbe or itch be above the girdle,
and not beneath, then anoint but thy hands
and if the scabbe be beneath the girdle, then
lookes that you anoint the soles of your
feete, and the scabbs or itchbs in all the ha-
dy, as well above the girdle as beneath, then
then must anoint both thy handes and thy
feet as thou listest by the fire, and thou shalt
be whole: this bath beeue poures.

For all manner of scabbes.

Take **C**onsia **C**ampana. red **D**ocks roastes.

Rightheade woodbinde leaves, and then
cast in a piece of almons, and put in **M**ittriall
Momana cubelles, when it is cold, and mauly
the scab therewith.

And take white ointment. **W**omiflone.
Nickfiller. berdigrease. and mingle them
together, and therewith anoint the soze scab.

For a man that hath drunken poysen.

Take betony and stamp it, and mingle it
with water, and the poysen that the per-
son hath dranke, will presently come forth a-
gaine.

To restore speech that is lost sodainely.

Take **P**oncill. & temper it with ayrol, and
gime it to the sick to drinke it. Lape also a
plaster of this to his mouth holes so grimed.

FINIS



The table of the booke following, gathered according to every folio, throughout the whole Booke.

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To boyde a Capon in white brysh with gl. meates.		

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